

Considerations Related to Bone Health in Breast Cancer Patients

Hui Chien*

Department of Orthopedics, National Defense Medical Center, Taipei, Taiwan

DESCRIPTION

Breast cancer is the most commonly diagnosed cancer in women worldwide, affecting millions of women each year. While advances in cancer treatment have led to improved survival rates, many breast cancer survivors are at risk of developing bone-related complications due to the effects of cancer treatment on bone health. Therefore, bone health considerations are an important aspect of breast cancer management and survivorship.

Breast cancer treatments, such as chemotherapy, radiation therapy, and hormonal therapy, can have negative effects on bone health. Chemotherapy drugs can damage bone marrow, leading to a decrease in bone density and an increased risk of fractures. Radiation therapy can damage bone cells, leading to bone loss and an increased risk of fractures. Hormonal therapies, such as aromatase inhibitors, can cause bone loss by reducing estrogen levels in the body, which is essential for maintaining bone health.

Therefore, it is essential to monitor and manage bone health in breast cancer survivors to prevent bone-related complications. Several strategies can be employed to improve bone health in breast cancer survivors, including lifestyle modifications, medications, and bone density testing.

Lifestyle modifications are a crucial aspect of improving bone health in breast cancer survivors. Exercise and physical activity have been shown to improve bone health by promoting bone density and strength. A combination of weight-bearing and resistance exercises, such as walking, jogging, and weight lifting, can be beneficial for bone health. Adequate calcium and vitamin D intake is also essential for maintaining bone health. Breast cancer survivors should aim to consume a balanced diet rich in calcium and vitamin D, and supplements may be recommended if dietary intake is insufficient.

Medications can also be used to improve bone health in breast cancer survivors. Bisphosphonates are a type of medication that can be used to prevent and treat bone loss. These drugs work by inhibiting bone breakdown and promoting bone formation. Bisphosphonates have been shown to be effective in reducing the risk of fractures in breast cancer survivors. However, like all medications, bisphosphonates can have side effects, and the risks and benefits of treatment should be discussed with a healthcare provider.

Bone density testing is a crucial aspect of monitoring bone health in breast cancer survivors. Bone density testing can help identify bone loss and fracture risk, and inform treatment decisions. The frequency and timing of bone density testing may vary depending on individual risk factors and treatment history.

In addition to these strategies, breast cancer survivors may also benefit from lifestyle counseling and education on bone health. Healthcare providers should discuss the importance of bone health with breast cancer survivors and provide them with resources and support to make informed decisions about their bone health.

Bone health considerations are an important aspect of breast cancer management and survivorship. Breast cancer treatments can have negative effects on bone health, and strategies such as lifestyle modifications, medications, and bone density testing can be employed to improve bone health in breast cancer survivors. Healthcare providers should prioritize bone health in breast cancer survivors and provide them with resources and support to maintain optimal bone health. By addressing bone health considerations, breast cancer survivors can reduce their risk of bone-related complications and improve their quality of life.

Correspondence to: Hui Chien, Department of Orthopedics, National Defense Medical Center, Taipei, Taiwan, E-mail: chenhui77@gmail.com

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