

Osteoporosis

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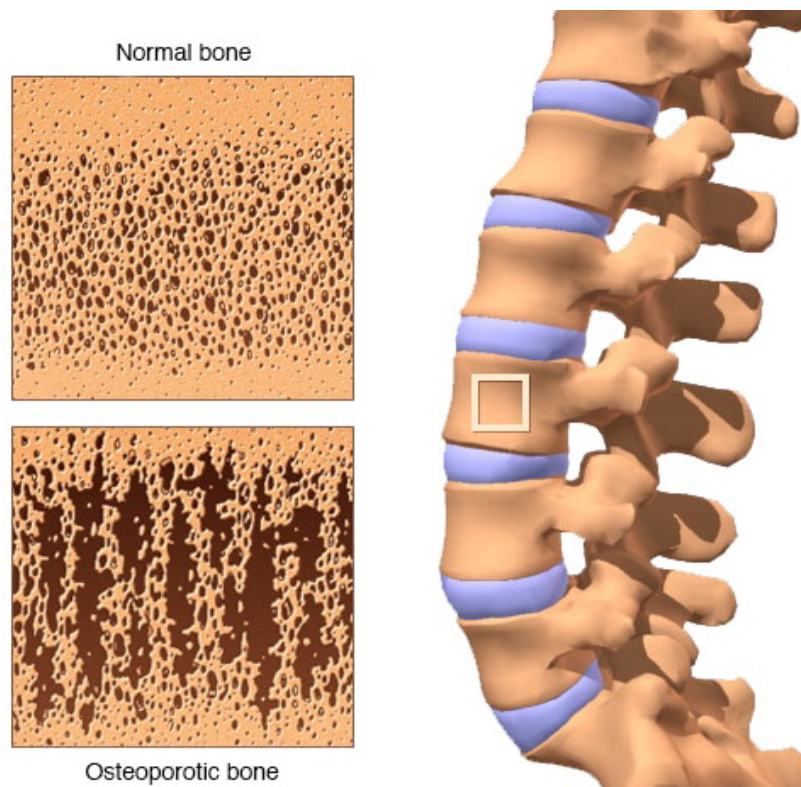


Figure 1: Osteoporosis makes bones become powerless and fragile-so weak that a fall or even gentle burdens, for example, twisting around or hacking can cause a crack. Osteoporosis-related breaks most usually happen in the hip, wrist or spine.

Bone is living tissue that is constantly being broken down and replaced. Osteoporosis happens when the making of new bone doesn't stay aware of the deficiency of old bone. Osteoporosis affects men and women of all races. Be that as it may, white and Asian

ladies-particularly more seasoned ladies who are past menopause-are at most noteworthy danger. Meds, sound eating regimen and weight-bearing activity can help forestall bone misfortune or reinforce effectively powerless bones.

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