

MEDICAL CONDITIONS THAT CAN LEAD TO OSTEOPOROSIS

Diseases and Conditions that Cause Bone Loss.

There are several health problems that can increase your risks of developing osteoporosis. Here's a few:

1. Anorexia Nervosa and Other eating disorders.
2. Celiac Disease.
3. Hyperthyroidism/ Hyperparathyroidism.
4. Inflammatory Bowel Disease (IBD).
5. Vertebral Spine Fractures
6. Multiple Myeloma
7. Organ Transplants
8. Rheumatoid Arthritis.

WHAT ELSE SHOULD I KNOW?

Liberty Rehabilitation Specialists' team of therapist (*Physical and Occupational*) are highly trained and interested in sharing their expertise during your rehabilitation process. We can assist you with addressing your **bone health and recovery** in all areas of your body. Please feel free to visit us at one of our three convenient locations to get a free tour and meet one of our highly trained therapists.

**Liberty Rehabilitation
Specialist
415 Embassy Oaks Dr. #202
San Antonio, TX 78216**

**Phone (210) 490-4738
Fax (210) 490-5231
libertyrehab@earthlink.net**

Living with Osteoporosis

Prevention and Exercise



FUTURE SOLUTIONS NOW

WHAT IS OSTEOPOROSIS?

Osteoporosis is a disease that can be prevented and treated. Osteoporosis is a disease in which the bone becomes weak or fragile and more likely to break. If untreated or not prevented osteoporosis can progress, usually, painlessly until a bone breaks. Any bones can be affected, but of most concern are fractures of hip and spine. Here are a few facts:

1. According to the National Osteoporosis Foundation in 2005 osteoporosis-related fractures were responsible for an estimated \$19 billion in costs. The cost is expected to rise approximately \$25.3 billion by 2025.
2. Osteoporosis affects 10 million people in the United States. Millions more have low bone mass called Osteopenia.*
3. Eighty percent of people with osteoporosis are women and one in four men over age 50 will break a bone in their lifetime due to osteoporosis.*

WHAT CAUSES OSTEOPOROSIS?

There are many risk factors that can lead to osteoporosis.

- > Women get osteoporosis more often than men.
- > The older you are the greater the risk.
- > Small, thin women are at greater risk.
- > White and Asian women are at higher risks. Black and Hispanic women have lower risks
- > Medication use. Some medicines increase your risk.
- > Low level of exercise or long bed rest periods can weaken bones.
- > Drinking alcohol and smoking cigarettes can cause bone weakening.

PREVENTION:

There are many steps you can take to keep your bones healthy.

- Eat a diet rich in calcium and Vitamin D
- Exercise
- Do not drink in excess or smoke.

EXERCISE AND NUTRITION

A healthy diet that includes low fat milk, yogurt, and cheese can maintain bone strength. In addition foods with added calcium such as orange juice, cereals, and breads will maintain good bone health. Exercise can help build bone strength.

Exercise helps your bones to grow stronger. Specifically you can

- walk/ jog
- hike
- Climb stairs
- Lift weights
- Play Tennis or Golf
- Dance
- See your Physical or Occupational Therapist for a specialized program

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