Osteoporosis

GIATROS HEALTH

Osteoporosis causes bones to become weak and brittle — so brittle that a fall or even mild stresses such as bending over or coughing can cause a fracture. Osteoporosis-related fractures most commonly occur in the hip, wrist or spine.

Symtoms

There typically are no symptoms in the early stages of bone loss. But once your bones have been weakened by osteoporosis, you might have signs and symptoms that include:

- Back pain, caused by a fractured or collapsed vertebra
- Loss of height over time
- A stooped posture
- A bone that breaks much more easily than expected

Causes

Your bones are in a constant state of renewal — new bone is made and old bone is broken down. When you're young, your body makes new bone faster than it breaks down old bone and your bone mass increases. After the early 20s this process slows, and most people reach their peak bone mass by age 30. As people age, bone mass is lost faster than it's created.

How likely you are to develop osteoporosis depends partly on how much bone mass you attained in your youth. Peak bone mass is somewhat inherited and varies also by ethnic group. The higher your peak bone mass, the more bone you have "in the bank" and the less likely you are to develop osteoporosis as you age.

Some risk factors for osteoporosis are out of your control, including:

- **Your sex.** Women are much more likely to develop osteoporosis than are men.
- **Age.** The older you get, the greater your risk of osteoporosis.
- **Race.** You're at greatest risk of osteoporosis if you're white or of Asian descent.
- **Family history.** Having a parent or sibling with osteoporosis puts you at greater risk, especially if your mother or father fractured a hip.
- **Body frame size.** Men and women who have small body frames tend to have a higher risk because they might have less bone mass to draw from as they age.

Screening

Your bone density can be measured by having a DEXA scan with a machine that uses low levels of X-rays to determine the proportion of mineral in your bones. During this painless test, you lie on a padded table as a scanner passes over your body. In most cases, only a few bones are checked — usually in the hip and spine.

https://www.mayoclinic.org/diseases-conditions/osteoporosis/symptoms-causes/syc-20351968