

Osteoporosis

(骨質疏鬆症 英文)

◆ Definition of osteoporosis

According to World Health Organization (WHO), osteoporosis is defined as “a disease characterized by decreased bone mass and deterioration of bone tissues in which bones become fragile and more likely to break.” National Institutes of Health (NIH) in America further defines osteoporosis as “a disease in which the decrease of bone density will increase the risk of bone fracture”.

◆ Osteoporosis symptoms

Osteoporosis patients usually do not have symptoms until they suffer bone fractures which cause pain and walking disabilities. Serious osteoporosis patients will feel bone pain and walking disabilities due to decreased bone density. Osteoporosis may cause a decrease in height. Bone fractures are serious symptoms of osteoporosis. According to epidemiology statistics, 19.8% of women and 12.5% of male aged 65 or older have more than one fracture of the spine. Each year, 12000 people of aged 65 or older suffer hip fractures caused by osteoporosis; in the same year, the death rate for female was 15% and 22% for male which can be compared with the death rate of breast cancer; therefore it's also called “transparent killer”.

◆ Who are more likely to get osteoporosis?

Osteoporosis risk factors are sometimes modified by diet, race and environment such as:

1. Parents who have been diagnosed osteoporosis
2. Weight 25% lighter than people of the same age (or body quality value $< 20\text{kg/m}^2$)
3. History of fracture as an adult (other than fingers or face)
4. Menopause before aged 40
5. Menstrual periods stop for more than two years during capable years of production
6. Steroids intake over 6 months
7. Mental & physical disabilities
8. Hyperthyroidism for over one year
9. People with Hyperparathyroidism history
10. Patients of liver cirrhosis
11. People who are visually impaired
12. Chronic smoker or drinker

◆ How is osteoporosis diagnosed?

Bone density test is the most convenient and reliable test for diagnosing osteoporosis. A dual energy x-ray absorptiometry scan (DXA, formerly known as DEXA) is used to measure bone density in the hip providing simple selections but cannot be used diagnostics prove. Some of the bio-chemistry targets are clinically valued for diagnosing and treating osteoporosis.

Please sign if you have understood the above information about Osteoporosis.

(Patient or family's signature)

(date)



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◆ Who should have bone density testing?

1. All postmenopausal women and women aged below age 65 who have risk factors for osteoporosis
2. All men aged 70 and older
3. Patients of fragility fractures
4. Patients who may cause low bone density of bone loss
5. Use of medication which may cause low bone density of bone loss
6. Persons who may go under treatment with prove of bone insufficiency
7. Persons who are under treatment

◆ What should I do if osteoporosis is being diagnosed?

A variety of medication for clinically treating osteoporosis can be found; however, the criteria for joining National Health insurance are very high; therefore those who have been diagnosed osteoporosis with or without spine or hip fractures could not benefit from National Health Insurance. It is encouraged that patients should go under treatments as soon as possible to avoid fractures causing health problems. Buying medicines found on the market without consultation may delay the treatment. Osteoporosis patients should accept doctor's evaluation and corrective actions on your health condition and lifestyle which may include sufficient calcium intake, exercise and physical training and regular bone density checkup. Moreover, patients should be aware of environmental safety and avoid falls causing fractures.

◆ Tips to avoid osteoporosis

1. Accumulating your bone mass from small.
2. Great quantity of milk and dairy products intake, such as yogurt & ice cream.
3. Add milk or milk powder in your dish; for example corn porridge or butter with broccoli to get more flavor and calcium at the same time.
4. Eat more foods rich in calcium such as black sesame, nuts, hair seaweed, green vegetables, tiny anchovies, sardines, bean products such as tofu and soy milk.
5. Increase outdoor activities and exposition to sun light to increase development vitamin D in the body and help absorption of the calcium.
6. Increase body work-out to stimulate bone production and strengthen bones and muscles to avoid risk of fractures.
7. It is recommended to take calcium one hour before breakfast with fruit juice to stimulate acetylcholine and help calcium absorption.
8. Regular bone density checkup ensuring healthy bones.