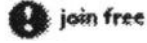
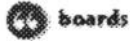




Osteoporosis



Osteoporosis-DIRECT

Who Gets Osteoporosis?

The following have been identified as risk factors for osteoporosis:

1. Being a woman: Osteoporosis is estimated to be six to eight times more common in women than in men. The reason may be partly due to the fact that women have less bone mass than men to begin with, Additionally, for several years after menopause, women lose bone much more rapidly than do men. This is because of decreased estrogen production.
2. Early menopause: This is a strong predictor for the development of osteoporosis, especially if menopause is induced by surgery or other means that remove both ovaries or cause a sufficient drop in estrogen. Many experts define “early” menopause as menopause occurring before the age of 45.
3. Being white (Caucasian): White women are at higher risk than black women, and white men are at higher risk than black men.
4. Chronically low calcium intake.
5. Lack of physical activity: (Exercising at an extreme level that halts menstruation in a young woman also may, however, lead to bone loss)
6. Being underweight. (Being overweight, however, is not a good idea. Both overweight and underweight people are better off trying to attain their desirable weight)

Possible Risk Factors:

1. A family history of osteoporosis.
2. Smoking cigarettes.
3. Excessive use of alcohol.
4. High intake of caffeine-containing foods such as coffee and colas.
5. Extremely high protein intake (to the extent that the diet is almost entirely protein).
6. Phosphorus. Some people suggest avoiding eating large amounts of foods high in phosphorus and low in calcium such as red meats, cola drinks, brewer’s yeast that does not have added calcium, and certain processed foods.