



*The Medical **Bulletin***

Metabolic Corner

- Osteoporosis increases the risk of bone fracture
- It's often diagnosed when patient presents with a fracture following a fall from standing height
- Most common bones involved are wrist, hip, spine
- Osteopenia is the stage before osteoporosis
- Females are more affected than males
- Post menopausal women have higher risk due to lack of estrogen
- Other major causes are steroids, alcohol smoking and poor physical activity
- Bone density scan /DEXA can be used to assess(-1 to 2.5 osteopenia) -2.5 osteoporosis
- Treatment : bisphosphonates and calcium
- Prevention : regular exercise , healthy diet with calcium , vit D to stop smoking and alcohol

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