

Osteopenia and Osteoporosis

Normal bone may weaken over time and become osteopenic. If further bone loss occurs you may develop osteoporosis. Osteoporosis is a thinning of the bone and this can weaken the bone and lead to fractures.

You are at risk if you are female, over the age of 50, chronic steroid users, smokers, and people with vitamin D deficiency. You can prevent osteoporosis by maintaining a healthy nutritious diet, exercise regularly, don't smoke, and make sure you get adequate vitamin D and calcium.

Osteoporosis is diagnosed with a DEXA scan.

You can treat osteoporosis with the following depending on the severity of the disease:

Over-the-counter vitamin D and calcium supplements

Prescription vitamin D

Prescription medications such as Fosamax, Boniva, Reclast, Forteo, etc.

If you are over 50 you should be getting 800 – 1000 IU of Vitamin D and 1,000 – 1,200 mg of Calcium per day. If you are deficient based on labs tests you may need more.

I have listed some calcium and vitamin D supplements under the popular products section on my website.

You can learn more at WWW.NOF.ORG the National Osteoporosis Foundation