

Osteoporosis: A Signal of Ageing

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INTRODUCTION

Osteoporosis is a disease which influences weakness of bones, increasing risk of fracture [1]. Osteoporosis is occur mostly in old aged people. There are two types of osteoporosis. Such as primary and secondary osteoporosis [2]. In primary osteoporosis, postmenopausal and senile osteoporosis is included [3]. While secondary osteoporosis leads to decrease of bone density and also affects the process of bone growth [4]. Osteoporosis occurs when the formation of new bone doesn't maintain with loss of old bone [5]. Usually, osteoporosis does not show any symptoms. So, it is called as 'Silent disease'. In some cases, thoracic spine shows kyphosis from vertebral collapse [6].

Causes of osteoporosis

The causes of osteoporosis are mostly shown in secondary osteoporosis. The causes are endocrine disorders, autoimmune disorders and renal disorders. Endocrine disorders influence hormones controlling glands in body. Malnutrition issues are due to nutritional, hepatic and gastrointestinal disorders. Marrow disorders influence the bone marrow. Collagen disorders show that large amount or small amount of collagen in body. Autoimmune disorders shows rheumatoid arthritis, ankylosing spondylitis and multiple sclerosis. A renal disorder shows that chronic kidney disease, process of calcium in kidneys and large amount of calcium in urine [4].

Risk factors

It may occur in different conditions like age related genetic, nutritional, lifestyle and endocrine [3].

Types of osteoporosis

Osteoporosis classified into two types namely primary and secondary. Primary osteoporosis shows two types type I and type II. Type I is postmenopausal osteoporosis. It occurs in 50 and 70 aged women for 10 to 15 years after menopause. It decreases the amount of trabecular bone. So, it is also known as high-turnover

osteoporosis. Type II is senile osteoporosis. It occur more in women than men. In this, rate of turnover of bone is very less. So, it is also called as low-turnover osteoporosis [6].

Treatment

Osteoporosis caused patients should have to keep their good quality of life, pain controlling, encourage social interconnection and inspiring mobilization. There are preventable risks. Such as poor nutrition, best rest for long-time and social isolation. It includes exercise for weight bearing, sufficient intake of calcium and use of proper medications [3,7].

CONCLUSION

The risk factors such as age related genetic, nutritional, lifestyle and endocrine are lead to causing osteoporosis in many cases. As per current research, there are different types of treatments available for osteoporosis. But these treatments may lead to develop high risk of osteoporosis. So it is challenge for researchers to investigate new strategies for treatment of osteoporosis.

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