



Severity of Osteoporosis in Older Adults

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DESCRIPTION

Age-related bone loss is common amid humans due to exhibiting less dense bones than other primate species. Because of the more porous bones of humans, frequency of serious osteoporosis and osteoporosis related fractures is increased. The human vulnerability to osteoporosis is an obvious cost but it can be warranted by the advantage of bipedalism inferring that this vulnerability is the by-product of such. It has been suggested that porous bones help to engross the increased stress that we have on two surfaces compared to our primate counterparts who have four surfaces to disperse the force. In addition, the porosity allows for more tractability and a lighter skeleton that is easier to support. One other consideration may be that diets today have much poorer amounts of calcium than the diets of other primates or the tetrapedal ancestors to humans which may lead to higher likelihood to show signs of osteoporosis.

Osteoporosis is a systemic skeletal disorder categorized by low bone mass, micro-architectural deterioration of bone tissue leading to bone fragility, and consequent increase in fracture risk. It is the most communal reason for a broken bone among the elderly. Bones that commonly break comprise the vertebrae in the spine, the bones of the forearm, and the hip. Until a broken bone occurs there are usually no symptoms. Bones may dwindle to such a degree that a break may occur with minor stress or spontaneously. After the broken bone heals, the person may have chronic pain and a reduced ability to carry out normal activities.

Osteoporosis itself has no symptoms; its main concern is the

increased risk of bone fractures. Osteoporotic fractures ensue in situations where healthy people would not normally break a bone; they are therefore regarded as fragility fractures. Typical fragility fractures arise in the vertebral column, rib, hip and wrist.

A 50-year-old white woman is expected to have a 17.5% lifetime risk of fracture of the proximal femur. The incidence of hip fractures upsurges each decade from the sixth through the ninth for both women and men for all populations. The highest incidence is found amongst men and women ages 80 years or older.

CONCLUSION

Between 35%-50% of all women over 50 years of age have at least one vertebral fracture. In the United States, 7,00,000 vertebral fractures occur annually, but only about a third is familiar. In a series of 9,704 women aged 68.8 years on average studied for 15 years, 324 had already continued a vertebral fracture at entry into the study and 18.2% developed a vertebral fracture, but that risk rose to 41.4% in women who had an erstwhile vertebral fracture.

In the United States, 2,50,000 wrist fractures annually are countable to osteoporosis. Wrist fractures are the third most common kind of osteoporotic fractures. The lifetime risk of behind a Colles' fracture is about 16% for white women. By the time women reach age 70, about 20% have had at least one wrist fracture.

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