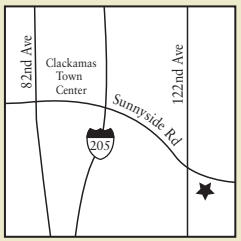
LOCATIONS

NORTHWEST PRIMARY CARE LOCATIONS:

MILWAUKIE
FAMILY PRACTICE
3033 SE Monroe St.
Milwaukie, OR 97222
P 503.659.4988
F 503.659.4730

CLACKAMAS
INTERNAL MEDICINE
10024 SE 32nd Ave.
Milwaukie, OR 97222
P 503.654.3185
F 503.654.5666



TALBERT CENTER
FAMILY PRACTICE
12360 SE Sunnyside Rd.
Clackamas, OR 97015
P 503.698.3928
F 503.698.4018

www.nwpc.com

Northwest PRIMARY CARE
Care for every stage of your life

OSTEOPOROSIS

Northwest PRIMARY CARE

OSTEOPOROSIS

General Information

Bone is constantly being renewed as the old bone is replaced with new bone. There is an age-related decline in bone mass that starts at about age 35 and accelerates in women during menopause when the old bone is removed faster than the new bone can be replaced, leaving the bones fragile and more likely to break. Bones can also weaken when some diseases or disorders are present and with the use of some medication.

Osteoporosis is diagnosed when bone mineral density is significantly below the normal range and the bone becomes thinner and weaker. Osteopenia is a milder case of bone thinning than osteoporosis.

Osteoporosis is a very common disease and can cause fractures: 50% of post-menopausal women have an osteoporosis-related fracture during their lives and 70 % of white women older than 80 have osteoporosis. Most fractures occur in the back and hip. The recommendation is that women age 65 or older have routine screening for osteoporosis at least every 2 years, and women 60 or older with risk factors should have an osteoporosis screening at least once. Other people who have risk factors can be screened for osteoporosis as determined by their primary health care practitioner.

Prevention

Osteoporosis is a disease that can greatly affect the quality and quantity of life, particularly for older women. It is also a disease that is preventable and treatable.

Osteoporosis can be prevented with the appropriate amounts of calcium throughout life and with exercise. Calcium needs vary from childhood to pregnancy, breastfeeding and during menopause. Vitamin D is also important to help the body absorb calcium. Calcium can be obtained either through dairy products, foods or supplements available from the pharmacy. Your primary health practitioner can determine the appropriate amount of calcium for you.

Exercise is important in osteoporosis prevention. Doing weight bearing exercises at least 30 minutes 3 times per week is important for bones and general health. Walking more than 4 hours per week decreases risk of hip fracture by almost half compared to walking less than an hour per week and increases bone health.

Treatment

Treatment is customized to your situation by your primary care practitioner, but often includes calcium supplementation, an exercise program that is designed to avoid motions that can cause harm to brittle bones, and/or medications that help thicken bones. Treatment may also include recommendations to stop smoking or physical therapy.

Screening

Screening for osteoporosis is done with a Dexascan, an X-ray like imaging machine that measures bone density in the body.

Risk Factors

The following are risk factors for osteoporosis:

Strong Risk Factors:

- Weight less than 154 lbs. or 70 kg
- Menopausal women who are not taking estrogen therapy

Risk Factors:

- White or Asian
- History of fracture
- Smoker
- Weight loss
- Family history
- Sedentary lifestyle
- Alcohol use
- Caffeine use
- Low calcium
- Low vitamin D

Protective:

- African American race

If you find that you have any of the above risk factors for osteoporosis or osteopenia, please speak with your primary health care practitioner to determine if a screening is appropriate for you.