

What is Osteoporosis?

Osteoporosis is a bone disease that develops when bone mineral density and bone mass decreases, or when the quality or structure of bone changes. This can lead to a decrease in bone strength that can increase the risk of fractures (broken bones).

Osteoporosis is a “silent” disease because you typically do not have symptoms, and you may not even know you have the disease until you break a bone. Osteoporosis is the major cause of fractures in postmenopausal women and in older men. Fractures can occur in any bone but happen most often in bones of the hip, vertebrae in the spine, and wrist.

Who Gets Osteoporosis?

Osteoporosis affects women and men of all races and ethnic groups. Osteoporosis can occur at any age, although the risk for developing the disease increases as you get older. For many women, the disease begins to develop a year or two before menopause.

Certain medications, such as some cancer medications and glucocorticoid steroids, may increase the risk of developing osteoporosis.

What are the Symptoms of Osteoporosis?

Osteoporosis is called a “silent” disease” because there are typically no symptoms until a bone is broken or one or more vertebrae collapse (fracture). Symptoms of vertebral fracture include severe back pain, loss of height, or spine malformations such as a stooped or hunched posture (kyphosis).

Bones affected by osteoporosis may become so fragile that fractures occur spontaneously or as the result of:

Minor falls, such as a fall from standing height that would not normally cause a break in a healthy bone.

Normal stresses such as bending, lifting, or even coughing.

What are the Causes of Osteoporosis?

- Sex
- Age
- Body size
- Race
- Family history
- Changes to hormones
- Diet.
- Other medical conditions Lifestyle.

Can vitamin D deficiency cause osteoporosis?

Vitamin D deficiency can put you at a higher risk of osteoporosis. If you are not consuming enough vitamin D, you are increasing your risk of osteoporosis. To keep your bones healthy, you need to consume both vitamin D and calcium in optimum quantity.

Why is vitamin D important for bone health?

Vitamin D is just as important for keeping bones strong and preventing the bone disease osteoporosis. Vitamin D helps your intestines absorb calcium from the food you eat. Getting enough of both nutrients is an important part of making sure your bones are dense and strong.

What increases my risk of osteoporosis?

A person with osteoporosis has such weak bones that even minor incidents or bending or even sneezing can cause a fracture. Vitamin D deficiency can put you at a higher risk of osteoporosis. If you are not consuming enough vitamin D you are increasing your risk of osteoporosis.

Check Our Bone Health with our following Comprehensive Test Range

Sr No	NAME	PRICE	TEST CODE	SAMPLE TYPE	TAT
1	CALCIUM	200	CBIPL0004	Serum	Same Day
2	VIT D TOTAL (25-OH VITAMIN D)	1500	SBIPL0022	Serum	Same Day
3	ALKALINE PHOSPHATASE	150	CBIPL0001	Serum	Same Day

For any query –

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