

Premature Osteoporosis

Osteoporosis is a condition that causes the bones in the body to become brittle and weak. In severe cases they become quite brittle and even something like a minor fall or bending over and coughing can cause the bones to fracture. These fractures tend to occur most commonly in the wrist, hip or spine.

Bones are living tissues, which are constantly being replaced and absorbed. The condition occurs whenever the creation of new bones isn't able to keep up with the old bone removal. Even though the condition is commonly associated with older individuals, premature osteoporosis occurs in much younger individuals. For many individuals, they think that osteoporosis cannot affect them, but it can strike at any time.

The causes of premature osteoporosis could be genetic and run in families, or it could be due to drug use such as steroid use over a few years, or malnutrition/poor nutrition.

Premature Osteoporosis Anatomy

The skeletal system is made up of all the joints and bones in the body. All of the bones are a complex group of living organs that are composed of multiple cells, protein fibers and a range of minerals. The skeleton serves as a scaffold by delivering protection and support for the soft tissues that make up the remainder of the body. The system provides a series of attachment points that allow the muscles to move at the joints.

New blood cells are generated by the red bone marrow that is inside of the bones. The bones act as the warehouse for the body's calcium, energy and iron in the form of fat. The skeleton continues growing throughout childhood and serves as a framework for the remainder of the body to continue growing along with it.

How to Treat Premature Osteoporosis:

1. Hormone Therapy

Estrogen can help to maintain bone density in women. If your estrogen levels aren't where they are supposed to be, you can supplement them with hormone therapy. The main goal is to increase your hormone levels and make sure they are where they are supposed to be to prevent any loss of bone density prematurely.

For men, testosterone levels that decline can cause bone density to decline as well. By taking a testosterone supplement, you can make sure your bones are always in optimal condition and the risk of premature loss is minimal.

2. Drugs and Supplements

Several drugs exist and your doctor can guide you with the best ones to take. Fosamax and Actonel are two options. A lot of prescribed medication will also include a prescription for supplements such as vitamin D and calcium. Some suggestions are that 1000mg+ of calcium per day and 1000 units of vitamin D are enough to re-mineralise the bone.

3. Weight bearing exercise

Using resistance machines and careful exercise programs under the supervision or guidance of your therapist or personal trainer can challenge the bones to produce more collagen and a stronger bone matrix.

4. Good Nutrition

Eating a good quality diet can make a significant difference to the mineralisation and strength of the bone. Eating organic food can be beneficial too. Avoid microwave foods.

Tips:

- Avoid unnecessary steroid medications. Steroids commonly cause osteoporosis.
- Avoid smoking. Smoking is one of the main contributors to bone loss. It decreases the amount of estrogen produced by the woman's body by reducing the amount of calcium absorbed in the intestines.
- Avoid drinking excessively. Consuming multiple alcoholic beverages per day can decrease new bone formation and reduce the ability of the body to absorb calcium. Being under the influence of alcohol also increases the chance that you could fall and injure yourself.
- Preventing falls. Wear shoes with low heels. Check around the house for any area rugs, electrical cords and slippery surfaces that might cause you to fall.
- Aim for 1,000 milligrams of calcium per day up to age 50 and then increase the amount to 1,200 milligrams per day from ages 50-70. Discuss this with your nutritionist or therapist first though.
- Exercise will help to build strong bones and slow down the loss of your bones currently. It doesn't matter when you start because the benefits last a lifetime.

