

# The Basics



20  
**Ca**  
Calcium  
40.078



# Bone Remodelling

## Peak Bone Mass



## Bone Loss

# Osteoporosis

Osteoporosis can occur at any age but is most common in adults over 50.

# Risk Factors

Risk for osteoporosis is influenced by several factors. Some of these factors can be modified through healthy lifestyle habits, while others, like age, gender and family history, are beyond our control.



**Age:** While osteoporosis can occur at any age, our risk increases as we get older.



**Sex:** Women are at higher risk due to lower peak bone mass and hormonal changes.



**Genetics:** If you have a family history of osteoporosis, you're more likely to develop it.



**Hormone changes:** Low estrogen (due to menopause or an absent period) is a big risk factor.



**Medical conditions:** Certain conditions, like diabetes and rheumatoid arthritis, increase risk.



**Medications:** Long-term use of some medications, like prednisone, speeds up bone loss.



**Nutrition:** Insufficient intake of calcium and vitamin D has a negative impact on bone health.



**Substances:** Smoking and excessive alcohol intake both contribute to bone loss.

Being proactive about osteoporosis prevention is the key to maintaining strong bones and reducing the risk of bone fractures as we age.

# Bone Mineral Density

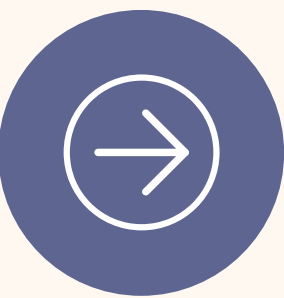
Osteoporosis is diagnosed with a **bone mineral density test**, also known as a **DXA scan**. This is a special X-ray test that measures how strong your bones are.

A bone mineral density test usually takes about 5-20 minutes to complete. You will lie on a table and a scanner will move over the body to take x-rays of the lower spine, hip and forearm.

# Results

Your bone mineral density test result is given as a numbered score, called a **T-score**. A T-score compares your bone mineral density to the average peak bone mass of a healthy young adult of the same sex.

Your result will fall into one of three categories:



**Normal:** A T-score of -1 or higher means that your bones are healthy.



**Low:** A T-score of -1 to -2.5 means that you have low bone density (osteopenia).



**Osteoporosis:** A T-score of -2.5 or lower means you have osteoporosis.

# Treatment

Treatment recommendations are based on your overall risk of fracture within the next 10 years. Treatment may include medication to help slow bone loss, physical activity, and lifestyle changes aimed at protecting bone health.