

Understanding Osteoporosis



Osteoporosis, often called the “silent disease,” weakens bones, making them fragile and prone to breaking. It’s typically diagnosed when a person experiences a sudden fall or impact. This happens because the body either loses too much bone, doesn’t make enough new bone, or both. However, with proper knowledge, screening, and preventive actions, we can reduce the risks associated with this condition.

Screening

Doctors use a special scan called a DEXA scan to detect osteoporosis before a fracture happens, predict future fracture risks, and measure bone loss. It’s recommended for women over 65 and men over 70 to have regular DEXA scans. People with certain risk factors may need to start screening earlier.

Prevention and Treatment

- **Nutrition:** Eating foods rich in calcium and Vitamin D helps keep bones healthy.
- **Exercise:** Activities like walking, jogging, or lifting weights strengthen bones and muscles.
- **Healthy Habits:** Quitting smoking, limiting alcohol, and avoiding excessive caffeine are important.
- **Medications:** Some drugs, like bisphosphonates, slow down bone breakdown.

There are also injectable treatments:

- **Denosumab (Prolia):** Given every 6 months, it stops cells from damaging bones.
- **Romosozumab (Evenity):** A monthly injection that helps build bone, especially for postmenopausal women at high fracture risk.

Making an Appointment

If you think you need screening or have concerns about your bone health, call 1-628-228-2828 to schedule an appointment. Our clinics have doctors who can talk to you about bone health. Many health plans, including Medicare, cover bone density screening without extra costs. Check with your health plan to learn more.

Bone Density Screening at Chinese Hospital 125th Anniversary Health Fair

Chinese Hospital is pleased to offer FREE bone density screening at our upcoming health fair in Chinatown.

Date/Time: Sat, 5/18, 10am – 2pm

Location: Chinatown Rose Pak Station Plaza

For more information, please visit

<https://chinesehospital-sf.org/125th-anniversary-health-fair>

Disclaimer: No content on this site, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician.