OSTEOPOROZA - CAUSES AND PREVENTION

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ABSTRACT

What is osteoporosis represents Exchange bone disease that is characterized by reduced bone density, deteriorated mechanical properties of bone, and increased risk of fracture also called quiet kradets. Osteoporosis occurs increasing the activity of cells that break down bone and they are called osteoclasts decreased activity of cells that build bone and they are called osteoblasts or most often. Osteoporozata costly symptoms that include pain and suffering are causing permanent disability disability for the patient and most often and those who care for nego. Statistikal shows that osteoporosis suffer approximately 200 million women world wide and that 5 woman over 50 years of age has osteoporosis or tendency to such rzvie every third woman 50 years old will likely suffer an osteoporotic fracture for life si. Prez 2005 in the United States about 2 million new fractures as research show that 29% of the fractures are common in men.

Key words: Osteoporosis fracture prevention nurses.

As is osteoporosis represents Exchange bone disease that is characterized by reduced bone density and poor mechanical properties of bone, and increased risk of fracture also called silent thief.

Why osteoporosis occurs increasing the activity of cells that break down bone and they are called osteoclasts reduced activity of cells that build bone and they are called osteoblasts or most often both.

Osteoporosis crushed expensive which includes symptoms are pain and suffering caused permanent disability disability for the patient and most often and those who care for nego. Statistikata shows that osteoporosis suffer about 200 million women worldwide and that 5 vssyaka woman over 50 years of age has osteoporosis or tends to rzvie such, every third woman over 50 years old will likely suffer osteoporotic fractures throughout life si. Prez 2005 in the United States about 2 million new fractures as studies show that 29% of fractures are common in mazhe. Sastoyanie here: Osteoporosis among women 60 years of age.

Types include hip fractures spine and wrist other in rapid aging of the population studies show that frequent more often hip fractures hip fractures in Europe are about 38% of the total in sveta. Padaniyata most common in which a risk factor most often affected elderly falls from own height are a common cause of hip fracture in the elderly 5% to 6% of falls resulting in fracture and a 2% complete invoice and it bedrena. Riskat incident is determined by the age of 65 years, and 30% of 90d -50% drop in the risk of hip fractures is higher in vazrastnite mazhe. Koi populations are at higher risk of developing osteoporosis than what statistics show that women over 65 years of age men over 70 years of age factors which influenced the development include low body weight nasapva early menopause that women experience low-energy fracture in families burdened by a mother chronic diseases and smoking drugs and alcohol abuse malnutrition and vitamin D deficiency disease developed rahat.

Condition of proportion with vitamin D deficiency men women:

A we know that vitamin D is an important for the functioning of the body's steroid hormone thanks him he osigoryava calcium and phosphorus from food and mineralization of bones podazha normal bone volume maintains muscle tone regulate various cellular processes and plays an important role in immunity.

What's the shortage of vitamin D?

In children manifests as rickets and in vazrastnite this condition leads to increased osteoporosis decreased muscle tone frequent falls, frequent muscle and bone pain disorders cardiovascular and increased risk of malignant zabolyavaniya. Nedostigat vitamin D affects all ages and the incidence increases with increase age geographical areas that affect most often parallel north and south latitude but often affects older people rarely move their homes.

Condition of proportion with vitamin D deficiency men women:

with

☐ The main source of vitamin D is the sun and less food - with age synthesis in the skin decreases due to various reasons

☐ vitamin D deficiency is widespread among the elderly

☐ The addition of vitamin D reduces the risk of fractures

☐ Higher doses of vitamin D are well tolerated

☐ Adherence to recommended intake of vitamin D reliably reduces the risk of fractures.

Modern treatment of osteoporosis allows:

☐ stop bone loss

☐ Improving bone turnover

☐ Improving bone structure

☐ Increased bone density

☐ significantly reduce the risk of fracture!

Today we have a wide range of medications - Bisphosphonates

- Proven effective, with a good safety and tolerability

• Other

- Strontium ranelate

- Denosumab

- Selective Estrogen Receptor Modulators

- Recombinant parathyroid hormone (not registered in the country).

OBJECTIVE: This study aims to determine the development of osteoporosis among different age groups of the population causes and factors

affecting the favorable development of osteoporosis and what measures we can take and apply to completely prevent development and prevention of the development process of cellular processes ostoklasti and ostoblasti.

Materials and Methods: This study was conducted in the period December 2014 and January 2015 for this purpose are tested 80choveka 40 of them are men aged 45 to 60 years and 40 women aged 50 to 60 years old.

Attached is the documentary method (by analyzing surveys).

Conclusions: From this study found that osteoporosis most often affects men over 50 years of age

And women over 55 years the ratio is the same although some studies indicate that the percentage is high and growing in women.

1. Increased frequency is key to the development of Osteoporosis

2. low levels of vitamin D contribute and play an important role in the development of Osteoporosis

3. accelerated bone loss reduction of bone strength as in the base are fractures.

CONCLUSION

☐ Osteoporotic fractures are a major health, social and economic problem

☐ prevent fractures required

☐ Correcting the deficiency of vitamin D and ensure adequate daily intake

☐ Properly selected and effective anti-osteoporosis treatment

☐ Osteoporosis is treatable, but need to know how to do it.

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