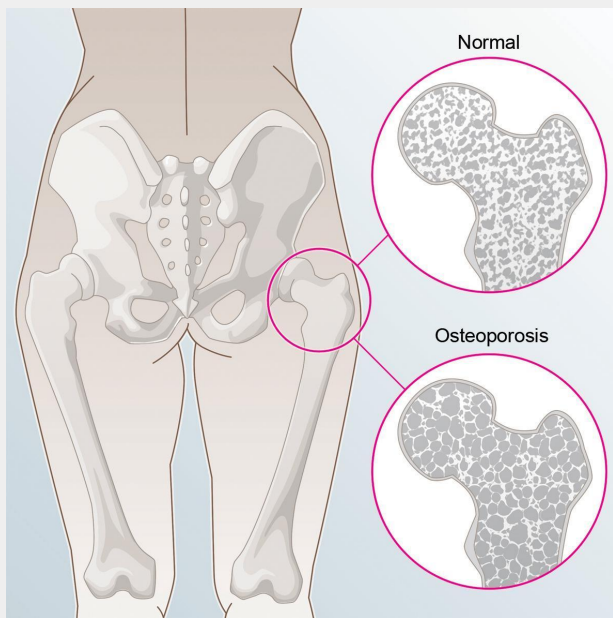




Risk factors for developing osteoporosis:

- | | |
|---|---|
| <ul style="list-style-type: none"> ● Female ● Age (risk increases w/ age) ● Thyroid disorders ● Low calcium intake ● Sedentary lifestyle ● Some diseases (such as kidney dz, SLE, RA) | <ul style="list-style-type: none"> ● Race (Caucasian or Asian highest risk) ● Family History ● Eating disorders ● Gastrointestinal surgery ● Excessive alcohol or tobacco use ● Some medications (such as steroids) |
|---|---|



HOW TO BUILD HEALTHY BONES

- ∞ Exercise regularly
- ∞ Eat plenty of fruits and vegetables
- ∞ Take Vit. D3
- ∞ Take Vit. K2

Prevention

- Modify risk factors!
- Maintain a healthy diet
- Exercise regularly
- Optimize hormone levels
- Maintain a healthy weight
- Quit smoking
- Limit alcohol intake

Allopathic Treatment

- Antiresorptive drugs, used to increase bone strength.
- Anabolic agents, such as parathyroid hormone analogues
- Romosozumab, a monoclonal antibody

Naturopathic Treatment

- Avoid refined sugar
- Avoid excess intake of caffeine
- Modulate exposure of aluminum, lead, cadmium, and tin
- Supplementation
- Hydrotherapy, such as Russian steam