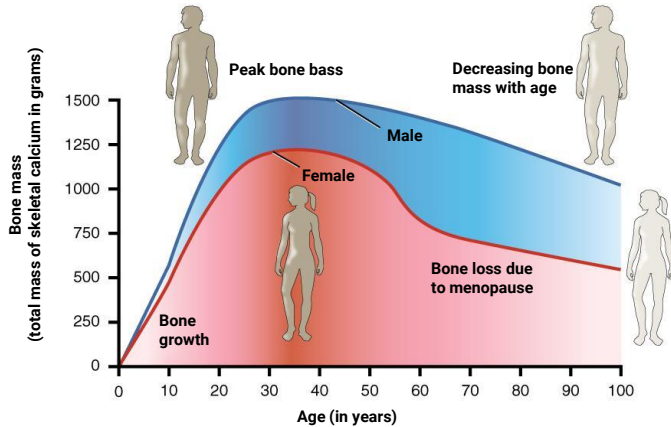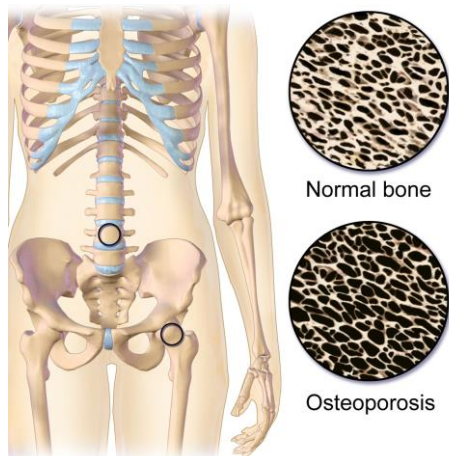# What is Osteoporosis?

- Osteoporosis is a bone disease in which there is a decrease in bone density.

- The bones become fragile due to loss in calcium. This increases fall risk, resulting in **bone fractures**.


Normal bone

Osteoporosis

What is the impact of bone fractures?

Bone fractures can cause chronic pain and affect the patient's ability to independently live, such as reduced mobility, and can even be life-threatening.

Who does it affect?

- 1 in 3 women and 1 in 5 men over 50 years old will experience osteoporosis fracture

- Some elders may die of complications with surgery or broken bones
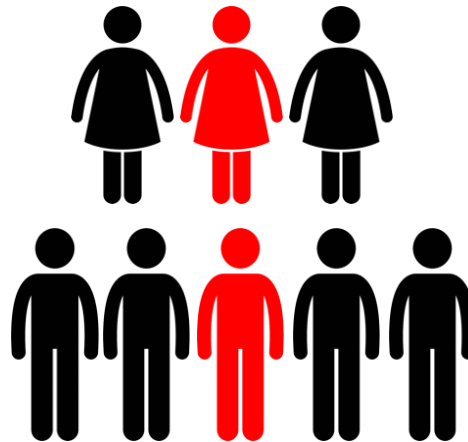
How to diagnose Osteoporosis

Bone density test (Recommended to all women over 65)

1. Dual-energy x-ray absorptiometry (DEXA Scan)

- Performed at a hospital or imaging center
- Measures spine and hip bone loss
- Widely used and an accurate way to diagnose osteoporosis
- Simple, quick, painless
- Radiation is 1/10th that of chest x-ray (CXR)

2. Bone Densitometer
- Portable and easy to use
- Measures heel bone density
- Less accurate than DEXA

Prevention and treatment

✔ Weight bearing exercise & Balance training

✔ Get enough rest

✔ Quit smoking, limit alcohol

✔ Consume foods high in calcium, magnesium, and vitamin D

- ❏ Calcium rich foods: skim milk, calcium-fortified orange juice, cooked bok choy, canned boned-in sardines or salmon, tofu, sesame seeds, and almonds
- ❏ Magnesium rich foods: oatmeal, pumpkin seeds, cashews, and dark chocolate
- ❏ Vitamin D rich foods: salmon, swordfish, and skim milk

✖ Limit foods that prevent calcium absorption

- ❏ Phosphorus rich foods: red meat, poultry, beans, dark soda
- ❏ Phytic acid rich foods: Spinach, kale, red skin potato, beans, tea
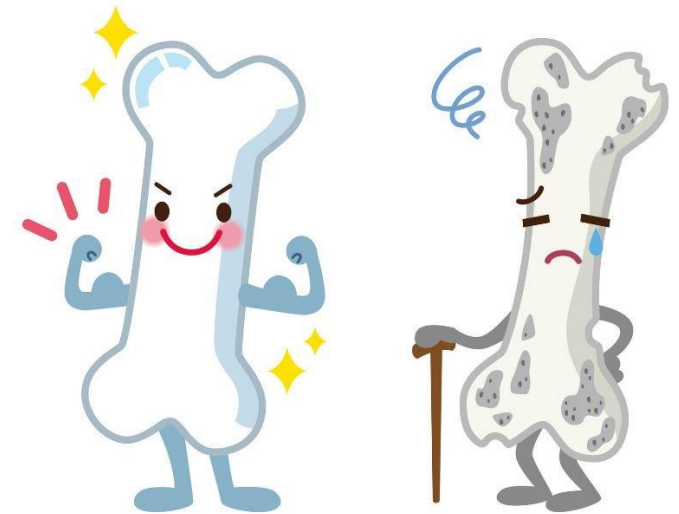- ❏ High sodium foods: soy sauce, oyster sauce, salted fish, instant noodles

Osteoporosis & Nutrition

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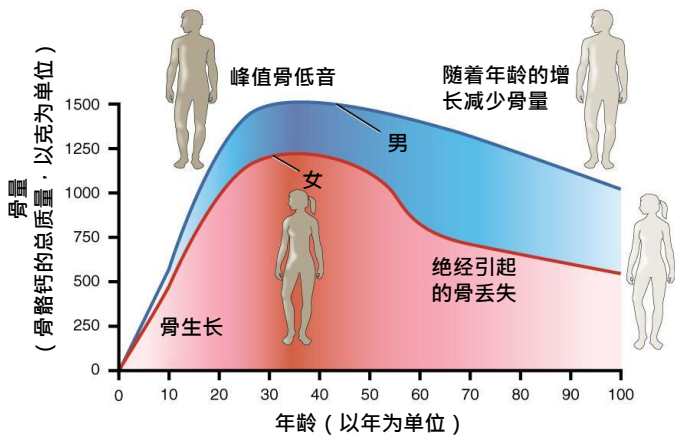
To learn more about our doctor's group, call Member Relations: (415) 590-7418
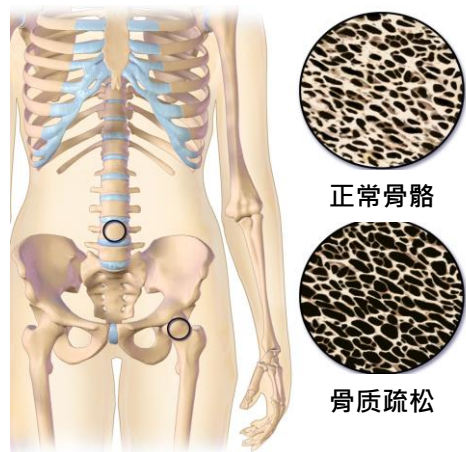
什麼是骨質疏鬆症?

- 骨質疏鬆症是一種因骨密度下降引致的骨骼疾病

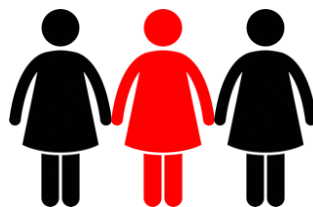- 骨骼中的鈣持續流失到血液中，使骨骼變得脆弱，並增加跌倒的風險，**導致骨折**

正常骨骼

骨质疏松

骨折有什麼影響?

骨折會導致慢性疼痛並影響患者獨立生活的能力，如行動不便，甚至會危及生命。

誰會受到影響?

- 超過 50 歲以上的人士，有三分之一的女性和五分之一的男性會經歷骨質疏鬆性骨折
- 部分長者可能會死於骨折或盆骨手術的並發症

骨質疏鬆症的診斷

骨密度測試（建議 65 歲以上女性進行測試）

1. 雙能X光吸收測定法（DEXA Scan）
   - 可在醫院或x-ray中心進行
   - 測量脊柱和髖關節骨質的流失
   - 廣泛地使用和準確地診斷骨質疏鬆症的方法
   - 簡單,快速,無痛
   - 輻射是CXR的1/10

2. 骨骼密度儀
   - 容易攜帶
   - 測量腳骨骨密度
   - 精準度比DEXA低

預防與治療
骨質疏鬆症

✅ 多做承重運動與平衡訓練

✅ 充足的睡眠

✅ 戒菸、少喝酒

✅ 補充鈣、鎂和維生素D

❏ 高鈣食物包括：脫脂奶、鈣強化橙汁、白菜(熟)、罐頭茄汁沙甸魚/三文魚 (連骨)、豆腐、芝麻、杏仁

❏ 含鎂的食物包括：燕麥、南瓜子、腰果、黑巧克力

❏ 富有維生素D的食物包括：三文魚、劍魚、脫脂奶

❌ 少吃阻礙鈣吸收的食物

❏ 高磷的食物：紅肉、家禽、豆類、深色汽水

❏ 高植酸的食物：菠菜、羽衣甘藍、紅薯、豆類、茶葉

❏ 高鈉的食品：醬油、蠔油、醃魚、方便麵

骨質疏鬆
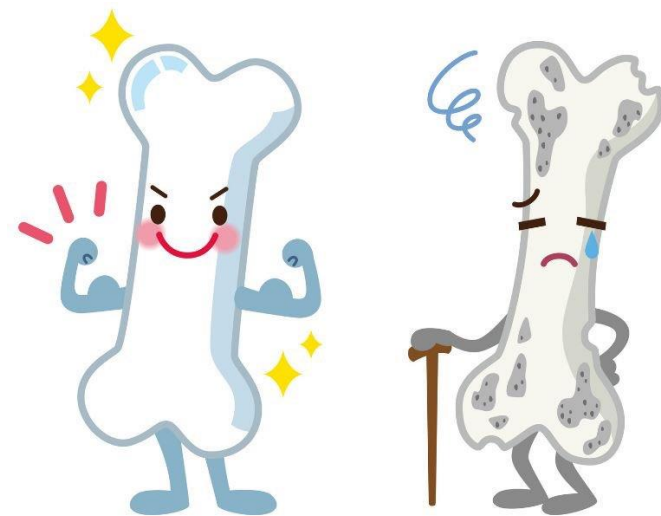## 與營養

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