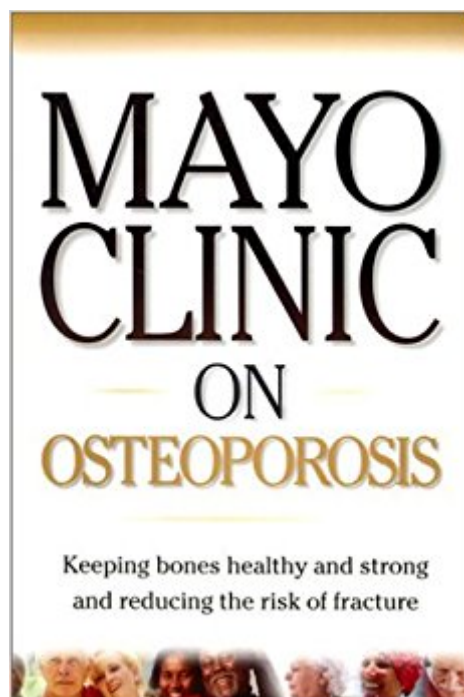




The book was found

Mayo Clinic On Osteoporosis: Keeping Bones Healthy And Strong And Reducing The Risk Of Fractures ("MAYO CLINIC ON" SERIES)



Synopsis

(Mayo Clinic) Consumer text provides a clear explanation of osteoporosis and fracturing, and practical advice on prevention and treatment options. Includes medication options, good posture and safe body movements, making a home safe, bone density testing, and more. Softcover.

Book Information

Series: "MAYO CLINIC ON" SERIES

Paperback: 209 pages

Publisher: Mayo Clinic; 1 edition (July 1, 2003)

Language: English

ISBN-10: 1893005240

ISBN-13: 978-1893005242

Product Dimensions: 6.1 x 0.6 x 8.9 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #510,992 in Books (See Top 100 in Books) #42 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis](#) #201 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#) #1277 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

Customer Reviews

Very pleased with my purchase. This book contains all of the information I needed to know, and more.

To start off, I would recommend that one, especially an elderly individual, purchase this book if they are interested in an overview of osteoporosis. I accidentally picked up this book recently at my local bookstore as I was browsing the health section. The word "accidentally" was used in my prior sentence because I had no intentions of reading up on osteoporosis. In fact, this pick was influenced entirely by two words in the book's title: Mayo Clinic, a world-renowned medical institution. To be blunt, I had no idea what the word "osteoporosis" meant before reading this book. To my surprise, osteoporosis was just a fancy way of classifying a disease that causes bone density to drop as one ages. At the same time, I was thrown back by the notion that osteoporosis was a disease. I was under the impression that a drop in bone density occurred naturally as one aged. While my

impression was not entirely wrong, it was incomplete. Osteoporosis as disease refers to a case where an individual experiences a faster bone density drop than that of the average. Said differently, if one loses their bone mass at a faster rate than the average of their age group, they are more likely to be diagnosed with osteoporosis. The main take away from this book is that one can reduce their likelihood of being diagnosed with osteoporosis if they take some precaution. The best preventative measure is to consume more calcium. While this seems simple enough, many people fail to get their share of calcium through the course of a day. Consequently, this means that many people suffer from calcium deficiency. This calcium deficiency arises primarily from the misconception that one needs to consume milk, a major source of calcium, up until a certain age. To be fair, this misconception would be inconsequential if individuals were looking for substitute foods that contain calcium, but they do not. Instead, most people continue to eat unhealthy foods. In the process, their diet does not contain enough calcium to sustain the bone healing cycle. In brief, this is a great book for somebody wanting an introductory overview on osteoporosis.

[Download to continue reading...](#)

Mayo Clinic on Osteoporosis: Keeping Bones Healthy and Strong and Reducing the Risk of Fractures ("MAYO CLINIC ON" SERIES) Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) Mayo Clinic On Prostate Health: Answers from the World-Renowned Mayo Clinic on Prostate Inflammation, Enlargement, Cancer (Mayo Clinic on Health) Mayo Clinic On Headache ("MAYO CLINIC ON" SERIES) Mayo Clinic Gastroenterology and Hepatology Board Review (Mayo Clinic Scientific Press) Mayo Clinic Preventive Medicine and Public Health Board Review (Mayo Clinic Scientific Press) Mayo Clinic Essential Guide To Prostate Health by Mayo Clinic (2009) Hardcover Mayo Clinic Gastrointestinal Imaging Review (Mayo Clinic Scientific Press) Mayo Clinic Internal Medicine Board Review (Mayo Clinic Scientific Press) Your Bones: How You Can Prevent Osteoporosis and Have Strong Bones for Life – Naturally Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life Naturally Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis, Updated Edition Strong Women, Strong Bones: Everything You Need to Know About Preventing and Treating Osteoporosis Strong Women, Strong Bones: Everything you Need to Know to Prevent, Treat, and Beat Osteoporosis Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101) Mayo Clinic Guide to Preventing and Treating Osteoporosis Resolving Osteoporosis: The Cure & Guide Book: A Referenced Guide to Your Body, Life, Mind, Bones, Prevention and Diet While

Dealing With Osteoporosis Beekeeping: Amazing Guide for Beginners(Beekeeping Basics,Beekeeping Guide,The essential beekeeping guide,Backyard Beekeeper,Building Beehives,Keeping ... bee keeping,bee keeping) (Volume 1) Bones, Bones, Dinosaur Bones Mayo Clinic Healthy Heart for Life!

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)