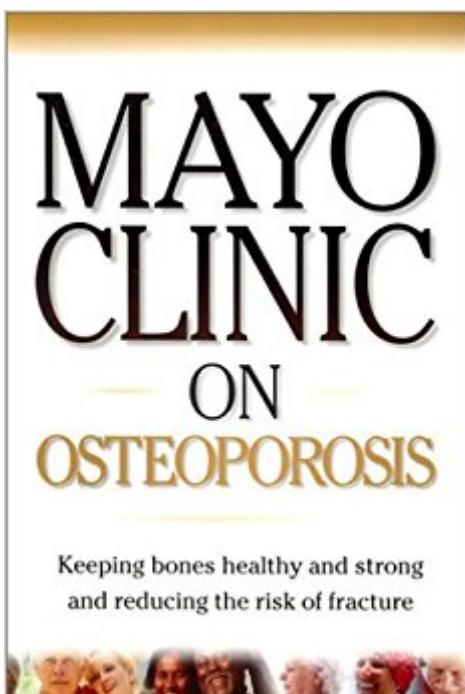


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# **Mayo Clinic On Osteoporosis: Keeping Bones Healthy And Strong And Reducing The Risk Of Fractures ("MAYO CLINIC ON" SERIES)**



## 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

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## 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—“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.

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