



**The Intelligent Patient Guide to Osteoporosis:
Diagnosis, bone density testing, DXA, T score,
FRAX, calcium, vitamin D, exercise,
medications/drugs, prevention/treatment in/of
osteoporosis/fractures.**

Dr. Roger A L Sutton, Dr. Robert G Josse

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WHY READ THIS BOOK? As physicians who have treated thousands of patients, we welcome the accessibility of reliable, accurate information on the internet as well as in print. It is refreshing, and sometimes challenging, to encounter a patient in the clinic setting who is knowledgeable about their options, and can ask appropriate questions. We have put together this osteoporosis guide to act as a personal resource for those interested in this fascinating disease that affects so many of us. If you, or someone close to you, has osteoporosis or is concerned about developing it, this book is for you. Osteoporosis is a progressive, symptomless deterioration of the bone, which leads to an increased risk of fractures, most often in the wrist, spine and hip. Osteoporosis in older women has received a great deal of emphasis, but it is also common in men, and can occur earlier in life. Fortunately, there have been major advances in our understanding of bones, how they normally remain strong and healthy, and what we can do about it if osteoporosis develops. All of this is reviewed in detail so that you will be better able to understand the causes, diagnosis and treatment of osteoporosis. Where controversies persist, and they do, they will be carefully described. You will come to know the full range of what is currently understood and what areas need additional research. As with any disorder, patients do better, both psychologically and often physically, when they understand what is happening. A large part of that is knowing enough to be able to ask questions and take part in the decisions that must be made in osteoporosis prevention and treatment. Can diet (calcium and vitamin D) and exercise prevent or reverse osteoporosis? If my mother or father has osteoporosis does that increase my risk? Should I have my bone mineral density (BMD) measured? How great is my risk of fracturing a bone, especially my hip? If I need drug treatment, how do I choose which one? How do I know if the treatment is working, and what follow-up do I need? The Intelligent Patient Guide to Osteoporosis answers all of these questions, based on the latest scientific information, and on the experience of our many years of treating patients with osteoporosis in university hospital and community settings. This guide is about empowering you to take charge of your health. By picking it up and examining it, you have already taken your first step forward. Congratulations. If you choose to read on you will be that much further ahead. We wish you luck on your journey to good health. Roger A L Sutton and Robert Josse. The Intelligent Patient Guide to Osteoporosis is one of the series of best-selling Intelligent Patient health guides that includes: The Intelligent Patient Guide to Breast Cancer, 4th Edition (0-9696125-8-3); The Intelligent Patient Guide to Colorectal Cancer, 2nd Edition (0-9696125-7-5); The Intelligent Patient Guide to Prostate Cancer, 3rd Edition (0-9696125-5-9);

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Kent Dennis:

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