

Osteoporosis - Northwest Indiana

You thought you were strong before you had a fall that caused a hip fracture. But you should never take such things lightly. A small fall leading to a major fracture may indicate the onset of osteoporosis.

Osteoporosis, Northwest Indiana specialist, Dr Jeffrey R. Yessenow, explains is a condition wherein the bone loses its density and turns fragile. Your bones become as compressible as a sponge and are easily prone to fractures. Even a slightest fall or injury may lead to a major fracture.

However, as other health problems, all you need to do is stay alert and follow a healthy lifestyle to stay away from osteoporosis. Northwest Indiana specialist Dr Yessenow s states that osteoporosis is normally silent or in other words, a health problem which has absolutely no symptoms. According to him, in most cases, people tend to realize it only after suffering a painful fracture.

A stooped back, or a loss in height, are often the only visible signs of osteoporosis. Since there are no evident symptoms, it is recommended that women undergo regular testing and diagnosis as they grow older. This health problem is most common among women above 60 years of age.

Although it is treatable, it is always better to prevent osteoporosis. Northwest Indiana specialist Dr Yessenow, will suggest a good nutrition and exercise plan during youth and after, to help prevent osteoporosis in later stages of life.

A low bone mineral density or BMD is another factor that causes osteoporosis. BMD decreases with age and if it falls below a certain level, it indicates the likelihood of osteoporosis. Make sure you go for regular BMD determination tests in order to keep this condition at bay. This study is done in Dr. Yessenow s office.

Treating Osteoporosis - Northwest Indiana

It is difficult to rebuild bone that has been weakened by osteoporosis. Northwest Indiana specialist, Dr Yessenow, notes that the only way to treat this problem is by modifying your lifestyle, calcium supplements and other medications prescribed by Dr. Yessenow.

If you smoke, you may have to quit the habit, curtail the intake of alcohol and most important, exercise to stay fit in order to prevent this disabling condition. For testing, diagnose and treatment of osteoporosis, Northwest Indiana residents can contact Dr. Yessenow and schedule a consultation.

