

GYNECOLOGY

--OSTEOPENIA

--OSTEOPOROSIS

If you are suffering from osteopenia and scared that you may be a victim of osteoporosis, then read this article to learn more about osteopenia treatment.

Osteopenia is a condition which signifies low bone mineral density. Bone mineral density refers to the measure of the amount of mineral in bones, which determines the strength of the bones. As the mineral density decreases, the bones become thinner and more vulnerable to fractures. This happens when the balance between formation and loss of bone is lost. It indicates weakening of the bones which can eventually lead to osteoporosis. But this does not mean that every person diagnosed with osteopenia necessarily develops osteoporosis. It can lead to osteoporosis only if it is not treated at the right time.

Osteopenia is generally seen in women, though it does occur in men. The bones become thinner and weaker as one grows older. It is observed that after menopause, women are more prone to osteopenia. This is because the production of the hormone, estrogen, reduces after menopause. Estrogen is necessary for having strong and dense bones. There are no major symptoms of osteopenia. One may not realize she is suffering from it until the bones become too weak and tend to break. Though osteopenia can be treated with the help of medications, several side effects are seen in many cases. It is, therefore, advisable to maintain stronger bones with the help of diet or physical exercises and keep osteopenia away.

TREATMENT FOR OSTEOPENIA

Osteopenia should be prevented or treated in the early stage in order to avoid osteoporosis. The main objective is to make the bones resistant to fractures.

MEDICATION

There are a lot of drugs being used to treat osteopenia, some of them being bisphosphonates like alendronate, fosamax, actonel, reclast and boniva, calcitonin, oyster calcium, tamoxifen and fosteum. Bisphosphonates are used on a large scale. They make the bones denser by attaching themselves to the mineral surfaces of the bones. This increases the mineral density of bones. But over a period of years, the bones start to become brittle. The drugs also have various side effects, nasal irritation being the common one. Moreover, these drugs have to be taken for a long period of time, and one becomes dependent upon them. To avoid all this, natural treatment for osteopenia is the safest option. There are numerous ways to treat osteopenia naturally, like making changes in your diet and lifestyle, regular exercises and taking certain supplements. Here are a few natural osteopenia treatment guidelines one can follow for effective cure.

DIET

Minerals like calcium and magnesium play a vital role in the growth and maintenance of bones. Deficiency of these minerals and vitamins like vitamin D and vitamin K make the bones lose their mass, thus becoming weaker and thinner, leading to osteopenia. For strong bones, a sufficient amount of calcium should be included in the daily diet. It can be taken through foods or supplements. Read more on [foods high in calcium](#).

You can get vitamin D by exposure to early morning sunlight or from certain foods like salmon, mackerel, tuna, eggs, mushrooms, etc. Including whole grains, cereals, legumes and vegetables in your regular diet can meet the daily requirements of magnesium and vitamin K required by the body. In short, your diet should be a well-balanced and healthy one. It proves to be the best treatment for osteopenia. Apart from the foods containing all the vital nutrients, one can also opt for dietary supplements. [More on magnesium rich foods](#).

PHYSICAL EXERCISES

Regular exercises can be an inexpensive way to prevent osteopenia. It makes the bones stiff and retains the bone density. Exercise makes muscles stronger and protects against fractures. There are various osteopenia treatment exercises you can choose from, cycling and walking being the easiest ones. Simple exercises like jogging, dancing, jumping and aerobics help to increase bone density. One should also concentrate on exercises to improve balance and coordination in order to prevent falls and fractures. Various hip, back and wrist exercises can prove beneficial. One can also include a combination of several exercises in their daily fitness regime. Tai chi, a Chinese martial art form, also proves beneficial for strengthening the bones and maintaining balance and coordination. Read about [aerobic exercises](#).