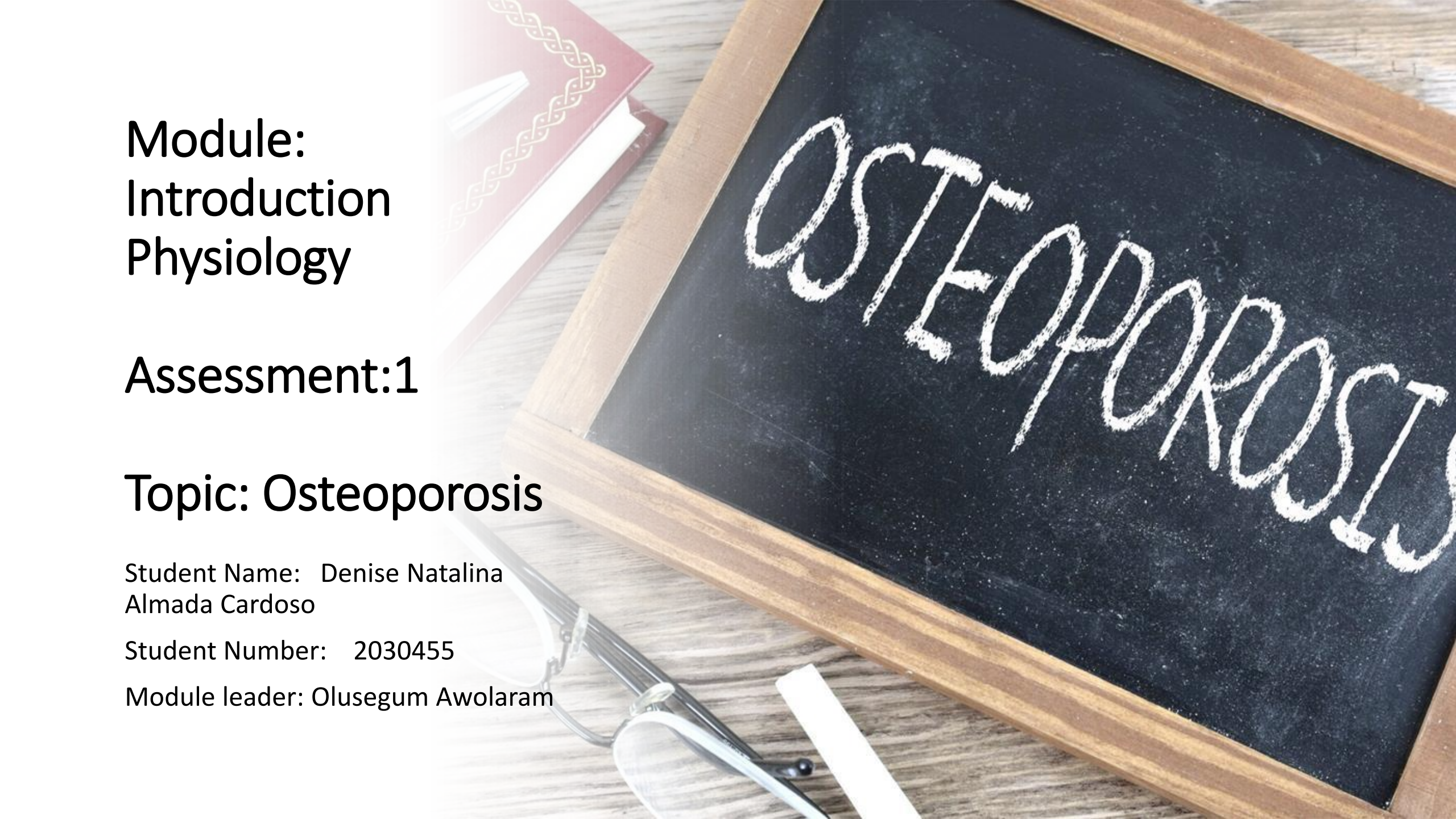


The background of the slide is a photograph of a wooden desk. On the desk, there is a small black chalkboard with a wooden frame. The word "OSTEOPOROSIS" is written on the chalkboard in white chalk, slanted upwards from left to right. To the left of the chalkboard, there are two red books with gold-colored decorative patterns on their spines. In the foreground, a pair of silver-rimmed glasses with clear lenses is lying on the desk. A white piece of paper or a small object is also visible near the glasses.

Module:
Introduction
Physiology

Assessment:1

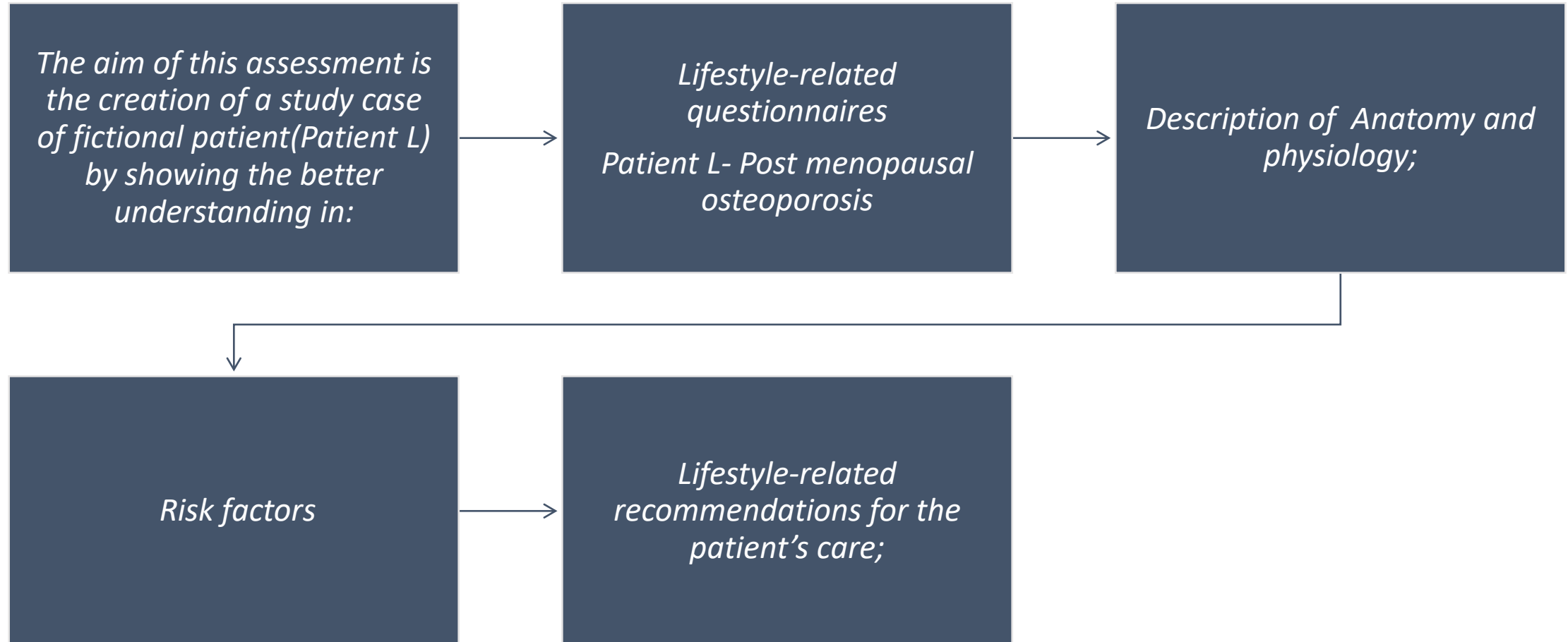
Topic: Osteoporosis

Student Name: Denise Natalina
Almada Cardoso

Student Number: 2030455

Module leader: Olusegum Awolaram

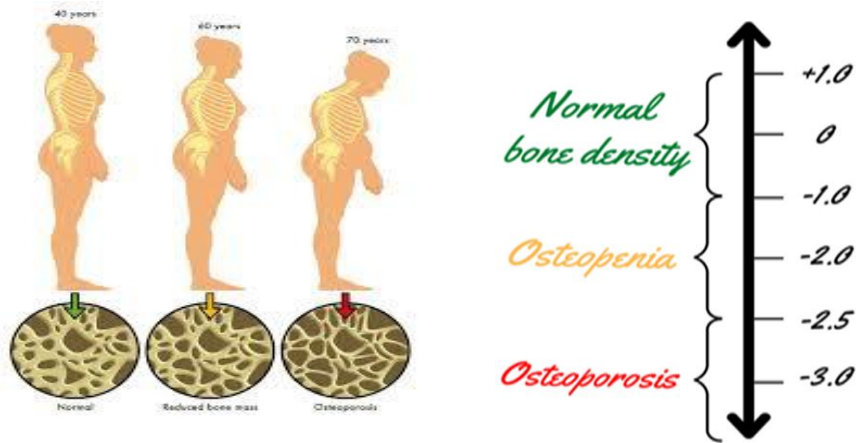
Introduction



Lifestyle health-related information of the patient A

- *1. Female – 52 years old*
- *2.Smokes for 20 years.2 packs of cigarettes per day.*
- *3.Don't consume Alcohol*
- *4.Family history: Osteoporosis*
- *5.Medical history: underweight, early menopause at 40years , fractured spine*
- *6.Asian*
- *7.She work in office spend most time sitting*
- *8.She doesn't practice any sport or activities*
- *9.Irregular meals , preferences for fast food and sweety*

Postmenopausal osteoporosis



- Occurs with advancing age, the cessation of ovarian function causes a deficiency of Strogen which in turn plays a key role in bone remodelling. This causes a decrease in bone mineral density and damage to the bone architecture, leading to an increased risk of fracture. (Woolf, 2008).

According to the Scorecards for Osteoporosis in Europe(Scope)in 2019 in UK:

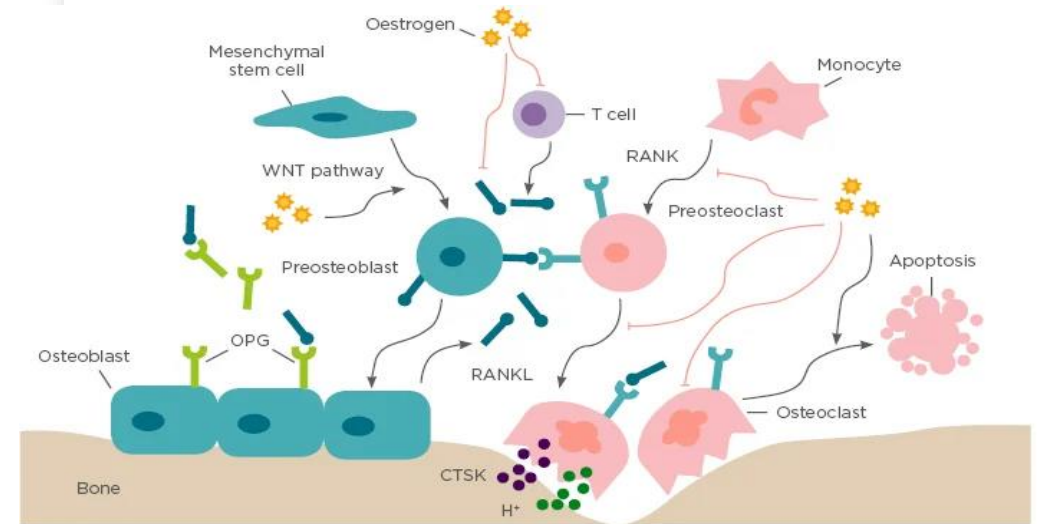
In the UK, predicts 21.9% of women aged Age 50 and older are prone to having osteoporosis.

78.3% of women have osteoporosis

Hip fracture is considered the most serious in terms of morbidity, mortality and health care costs

Anatomy and Physiology

- Main cells for our bone mass are osteoblasts whose function is to promote the formation of bones and osteoclasts whose function is to destroy bones. In menopause, there is an end to the production of oestrogen, causing the osteoblasts that promote bone formation to stop, but the osteoclasts continue to function, causing an imbalance to the point of making the bones more porous. (Muacevic and Adler, 2022)



Risk Factors

Age

Early menopause

Family History

Smoke

Sedentary

Race (Straith,2022)

Poor diet/Underweight



Recommendations

- *Healthy food rich in calcium and vitamin D*
- *Tobacco should also be avoided(NHS,2022)*
- *For elderly people at greater risk of falling, individually adapted exercise programs should be designed that focus on gait, muscle strengthening, posture and balance*
- *Adapt at home to prevent risk of fractures*
- *Get bone densitometry checked regularly*
- *NHS recommends Find local support groups for osteoporosis on the Royal Osteoporosis Society website(NHS,2022)*



Conclusion

This work allowed me to conclude that osteoporosis is a "silent" disease, which can progress without any symptoms or discomfort over the years until the appearance of the first fracture.

Without proper diagnosis and treatment, it can cause a severe drop in quality of life.

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