

骨质疏松症

Osteoporosis

Osteoporosis is a disease that results in the loss of bone tissue. When bone tissue is lost, the bones become brittle and break more easily.

Signs

The bone loss of osteoporosis often causes no signs. People may not know that they have the disease until their bones become so weak that a sudden strain, bump or fall causes a bone to break.

Bone loss that causes bones in the spine to collapse may be felt or seen as severe back pain, loss of height, stooped posture or a hump.

Risk Factors

Women, in general, have less total bone mass than men, making them more likely to have osteoporosis. When you have one or more of these risk factors, you may be at greater risk for osteoporosis.

You have:

- Reached menopause before age 45
- Elderly women in your family who had fractures
- Had broken bones
- Conditions such as an endocrine disease, rheumatoid arthritis, kidney disease or Cushing's disease
- Had cancer treatments

骨质疏松症是导致骨组织流失的疾病。若骨组织流失，则骨头会变得脆弱、易碎。

症状

骨质疏松症的骨组织流失通常没有症状。直到骨头变得非常脆弱，突然的扭伤、碰撞或摔倒导致骨折时，人们才意识到自己患有骨质疏松症。

骨组织流失造成脊椎骨塌陷，人们可以感觉到或观察到严重的背痛、身高变矮、姿势弯曲或驼背。

风险因素

女性骨密度通常比男性低，因此更易患骨质疏松症。如果您具有以下一种或几种风险因素，您患骨质疏松症的可能性就会增加。

例如：

- 45岁前绝经
- 家族年长女性曾骨折
- 本人曾骨折
- 患有内分泌疾病、类风湿性关节炎、肾脏疾病或库欣病
- 曾接受癌症治疗

Other risk factors include:

- Eating disorder such as anorexia – current or in the past
- Low calcium intake or vitamin D deficiency
- Low body weight or small bone body structure
- Caucasian or Asian
- Advanced age
- Unhealthy lifestyle behaviors, such as smoking, drinking a lot of alcohol and/or caffeine, and not getting enough exercise
- Certain medicines such as corticosteroids or heparin (long-term)

Tests

Talk to your doctor about testing for osteoporosis. Your doctor may order these and other tests:

- Bone mineral density test – This x-ray test measures bone density in the lower spine, hip or wrist. The most common type of this test is a dual-energy x-ray absorptiometry (DXA) scan. The test is painless and only takes a few minutes. The results of the scan are reported as the amount of bone loss.
- Blood and urine tests to check hormone levels and look for other conditions that increase bone loss such as vitamin or mineral deficiency.

其它风险因素包括:

- (现在或过去) 患有进食障碍, 如厌食症
- 钙摄入量低或维生素D缺乏
- 体重轻或身体骨架小
- 高加索人或亚洲人
- 高龄
- 不健康的生活方式, 如吸烟、大量摄入酒精和/或咖啡因, 运动量不足。
- (长期) 服用某些药物如类固醇或肝素

检测

与您的医生讨论骨质疏松症的检测。您的医生可能会安排以下这些和其他检查:

- 骨矿物质密度检测: X光检查测量下脊椎、髋部或腰部的骨密度。此种检测最常见的类型是双能X射线吸收法 (DXA) 扫描。检查无痛且只需几分钟。扫描结果报告骨流失程度。
- 血检和尿检检查荷尔蒙水平, 寻找其他增加骨流失的因素, 如维生素或矿物质不足。

Your Care

Start at an early age to prevent and treat osteoporosis. Keep your bones strong throughout your life. Treatments can help stop or slow down further bone loss and bone breaks, but there is no cure.

- Eat a diet high in calcium or take calcium supplements each day.
 - › For **adults 19 to 50 years of age**, eat 3 servings or a total of 1000 milligrams (mg) of calcium each day.
 - › For **men over 50 years of age**, eat 3 servings or a total of 1000 mg of calcium each day.
 - › For **men over 70 years of age**, eat 4 servings or a total of 1200 mg of calcium each day.
 - › For **women over 50 years of age**, eat 4 servings or a total of 1200 mg of calcium each day.
 - › Sources of calcium in foods include milk, dairy products or calcium-fortified foods such as juices or cereals.
 - › Calcium supplements may be an option if you cannot get enough calcium in your diet.
 - › Do not increase your calcium intake above the advised amount.
 - › Vitamin D helps your body absorb calcium. The main source of vitamin D for most people is sunshine. For people with light-colored skin, 15 to 20 minutes of sun exposure a day is enough for the body to make vitamin D. For people with dark-colored skin, 30 minutes a day is needed. If you cannot get enough sunlight, take 600 International Units (IU) per day for ages 1 to 70 years and 800 IU per day for ages 71 years and older.

您的护理

从年轻时开始预防和治疗骨质疏松症。终生保持骨骼强壮。治疗能帮助停止或减缓进一步的骨流失或骨折，但无治愈方法。

- 高钙饮食或每日补钙。
 - › **19-50岁成人**，每日三份或总共摄入1000毫克 (mg)钙。
 - › **50岁以上男性**，每日三份或总共摄入1000 mg 钙。
 - › **70岁以上男性**，每日四份或总共摄入1200 mg 钙。
 - › **50岁以上女性**，每日四份或总共摄入1200 mg 钙。
 - › 食物中的钙来源包括牛奶、乳制品或添加钙的食物，如果汁或燕麦。
 - › 如果您每日饮食无法摄入足量的钙，可选择补钙。
 - › 不要超过每日推荐钙摄入量。
 - › 维生素D帮助钙吸收。对大多数人来说，维生素D的主要来源是阳光。浅色皮肤的人每日15-20分钟日晒即可让身体生成足量维生素D。深色皮肤的人则需要30分钟。如果您无法获得足够日晒，1-70岁的人每日摄入600国际单位 (IU) 的维生素D，71岁以上每日800IU。

- Maintain a healthy weight. Being underweight puts you at higher risk for osteoporosis.
 - Do standing exercises such as walking, jogging, dancing and aerobics 3 to 4 hours per week.
 - Stop smoking or using tobacco.
 - Limit alcohol, caffeine and carbonated drinks.
 - Talk to your doctor about medicines to reduce bone loss.
 - Ask your doctor about estrogen replacement therapy if you are going through menopause or have had your ovaries removed. Estrogen can prevent more bone loss, but there are risks with this treatment. Talk to your doctor about the risks and benefits.
- 保持健康的体重。体重过低更易患骨质疏松症。
 - 每周3-4小时直立运动，如行走、慢跑、跳舞或者有氧操。
 - 停止吸烟或使用烟草制品。
 - 控制酒精、咖啡因和碳酸饮料摄入。
 - 向您的医生咨询减少骨流失的药物。
 - 如果您正经历绝经或已切除子宫，向您的医生咨询雌激素替代疗法。雌激素可预防骨流失，但该治疗有风险。请向医生咨询风险和益处。

Talk with your doctor or nurse if you have any questions or concerns.

如果有任何疑问或担心，请咨询医生或护士。