

骨質疏鬆癥

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

骨質疏鬆癥是一種會導致骨組織流失的疾病。骨組織流失之後，骨頭變脆，更易骨折。

症狀

骨質疏鬆癥的骨質流失通常不會引發任何症狀。人們可能不知道自己罹患此症，直到最後骨骼變得脆弱無力，以至於突然的扭傷、碰撞或跌倒引發骨折。

導致脊椎骨塌陷的骨質流失可能會被明確感知，也能通過觀察看出來，具體表現為劇烈的背痛、身高下降以及彎腰駝背。

風險因素

一般而言，女性骨質總量不如男性，因此她們更易罹患骨質疏鬆癥。如果您存在一個或多個風險因素時，罹患骨質疏鬆癥的風險也更大。

您具有以下情況：

- 45歲之前進入更年期
- 家人中有老年婦女遭遇骨折
- 曾經骨折過
- 患有諸如內分泌疾病、類風濕性關節炎、腎病或庫欣病等疾病
- 接受過癌症治療

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.

其他風險因素包括：

- 現在或過去層罹患飲食失調，比如厭食症
- 低鈣攝入或缺乏維他命 D
- 體重較低或骨架較小的身體結構
- 白種人或亞洲人
- 高齡
- 存在不健康的生活方式，比如吸煙、酗酒、大量攝入咖啡因以及缺乏鍛煉
- 長期服用某類藥物，比如皮質類固醇或肝素

檢測

請諮詢您的醫師了解如何檢測骨質疏鬆癥。您的醫師可能會要求您做以下檢查和其他檢查：

- 骨密度檢查——這種X光檢查能夠測量下脊柱、髖部或腕部的骨密度。這種檢查最常見的類型是雙能 x 射線吸光測定(DXA)掃描。檢查無痛，僅需要幾分鐘。掃描結果報告為骨質流失量。
- 血液和尿液檢查，用於檢測激素水平并查驗其他加劇骨質流失的疾病，比如維他命或礦物質缺乏症。

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.

治療

及早開始預防和治療骨質疏鬆癥。終其一生保持骨骼強健。各類治療有助於阻止或延緩進一步骨質流失以及骨折，但目前尚沒有徹底治愈的辦法。

- 每天攝入高鈣食物或服用鈣補充劑。
 - 對於**19至50歲的成年人**，每天吃3份高鈣食物或攝入總量1000毫克的鈣。
 - 對於**50歲以上的男性**，每天吃3份高鈣食物或攝入總量1000毫克的鈣。
 - 對於**70歲以上的男性**，每天吃4份高鈣食物或攝入總量1200毫克的鈣。
 - 對於**50歲以上的女性**，每天吃4份高鈣食物或攝入總量1200毫克的鈣。
 - 食物中鈣的來源包括牛奶、乳製品或鈣強化食品，比如各種果汁菜汁或穀類食品。
 - 如果您不能從飲食中獲取足夠的鈣，也可選擇鈣補充劑。
 - 您的鈣攝入量不得超過建議攝入量。
 - 維他命 D 有助於人體吸收鈣。對大多數人而言，維他命 D 的主要來源是陽光。對於淺色皮膚的人而言，每天曬**15至20分鐘**陽光就可以獲得人體所需的維他命 D。對於深色皮膚的人而言，每天需要曬**30分鐘**陽光。如果您無法獲取充足的陽光，**1至70歲**的人每日服用**600國際單位**，**70歲及以上**的人每日服用**800國際單位**。

- 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.
- 保持健康的體重。體重過輕會增加罹患骨質疏鬆癥的風險。
- 每週堅持3至4小時的站立鍛煉，比如散步、慢跑、跳舞和有氧運動。
- 戒煙
- 限制飲用酒精、咖啡因和碳酸飲料。
- 請諮詢您的醫師了解減少骨質流失的藥物。
- 如果您將進入更年期或卵巢遭切除，請諮詢您的醫師了解雌激素替代療法。雌激素可以防止更多的骨質流失，但此療法存在一定風險。請諮詢您的醫師了解其風險與益處。

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

若您有任何疑問或擔憂，請諮詢您的醫師或護士。