Osteoporosis

By Dr. Judy Hsu
Osteoporosis Risk Factors

- Caucasian or Asian ethnicity
- Menopause
- Underweight
- Low calcium and vitamin D intake
- Sedentary life style
- Family history
- Tobacco, alcohol use
- Glucocorticoid use
- hyperthyroidism
DEXA T Score

- >-1.0 normal
- -1.0 ~ -2.5 osteopenia
- <-2.5 osteoporosis
Treatment of osteoporosis

- Calcium and vitamin D
- Fosamax, actonel
- Evista
- Estrogen
- Calcitonin
- PTH hormone