

55 Fast Facts About OSTEOPOROSIS

You've probably heard all about osteoporosis from all the pharmaceutical commercials plastered across your television. But, how much do you really know about the effects, and what puts you at high risk for developing this disorder?

(Hint: You're probably more at risk than you think.)

THINGS YOU MAY NOT KNOW ABOUT OSTEOPOROSIS

1. Human bone is a living organism made from tissue that is both flexible and strong.
2. During your lifetime, you will lose portions of old bone that are replaced by new bone.
3. Osteoporosis is the loss of too much bone or the



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David H. Barlow, Barry G. Wren



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Fast Facts: Chronic and Cancer Pain Michael J. Cousins, Rollin M. Gallagher, 2017-06-19 All health professionals regardless of specialty will care for patients with pain that has persisted for more than 6 months This fully updated fourth edition of Fast Facts Chronic and Cancer Pain written by two internationally renowned experts in the field is designed to bring busy health professionals up to speed with the latest information in this area including Easy to read overviews of pain mechanisms A practical approach to pain assessment Developments in stepped care and multimodal management The latest thinking on opioids With health services around the world responding to calls to improve the management of painful long term conditions develop preventive and cost effective solutions and respond to patient choice and voice this easy to read fact packed book is essential reading for all GPs nurses junior hospital doctors physical therapists clinical psychologists occupational therapists pharmacists medical specialists and medical students wanting and needing to know more Contents Definitions and mechanisms Assessment of pain Treatment options Trigeminal neuralgia Complex regional pain syndrome Diabetic and postherpetic neuropathic pain Central pain Persistent postsurgical pain Cancer pain Musculoskeletal pain Visceral pain Headache

Fast Facts: Menopause David H. Barlow, Barry G. Wren, 2005-08-01 Fast Facts Menopause is a concise handbook designed to provide an overview of menopausal and postmenopausal health issues and their management Although effective therapies for symptoms are available controversies surrounding some of the available treatments have made potential users wary In the second edition of this succinct and practical text two eminent specialists review in detail the causes and consequences of menopausal symptoms and the options available to women today The text is evidence based drawing on the results of the most recent research to provide general practitioners specialist nurses gynaecologists and other healthcare professionals with an increased understanding of the physiological and psychological effects of the menopause and to contribute to more effective management Contents Stages effects and implications Vasomotor function Osteoporosis Urogenital changes Neurological symptoms Sexuality Symptom management Types of hormone therapy Side effects of hormone therapy Endometrial bleeding with hormone therapy Risks of hormone therapy Tibolone Alternatives to hormone therapy

Fast Facts: Multiple Sclerosis Mary Rensel, Orla Gray, 2016-08-29 Since the last edition of this book no evidence of disease activity NEDA has been proposed as a new treatment target early data on the first pharmacological treatments for progressive MS have emerged and the first remyelination trial has shown positive effects on nerve repair It is with this sense of optimism that the authors of Fast Facts Multiple Sclerosis have detailed the latest developments for use in clinical practice by all members of the multidisciplinary team including a concise overview of investigations and modern diagnostic criteria a holistic approach to all signs and symptoms and proactive relapse management the latest disease modifying drugs including when to treat choice of drug and risk versus benefit With case histories that will help to guide treatment decisions discussion of the special considerations for MS during pregnancy and in children and the elderly and a

detailed outline of emerging therapies this book will benefit all healthcare professionals involved in the care of patients with this complex disease

Fast Facts: Multiple Myeloma and Plasma Cell Dyscrasias Karthik Ramasamy, Sagar Lonial, 2017-01-09 Our understanding of multiple myeloma MM is growing at a formidable pace particularly in terms of risk factors and potential drug targets Minimal residual disease MRD negativity is set to become the new benchmark in treatment and cytogenetic analysis is now paving the way for personalized therapies This second edition of Fast Facts Multiple Myeloma and Plasma Cell Dyscrasias includes the new IMWG SLiM CRAB criteria the latest advances in diagnostic tests and imaging cytogenetics and genetic profiling induction therapy prior to SCT new lenalidomide and bortezomib based regimens second generation proteasome inhibitors histone deacetylase inhibitors and monoclonal antibodies treatments This Fast Facts handbook provides a comprehensive overview of MM and other plasma cell dyscrasias from bench to bedside presenting the pathogenesis diagnosis and treatment in the context of daily clinical practice Contents Epidemiology and etiology Predisposing conditions associated with MM Pathophysiology of MM and MGUS Diagnosis staging and monitoring of multiple myeloma Genetics and multiple myeloma Treatment of newly diagnosed multiple myeloma Stem cell transplantation in multiple myeloma Relapsed and refractory multiple myeloma Bone disease and renal complications AL amyloidosis Rare plasma cell dyscrasias Supportive care

The Healthy Boomer Peggy Edwards, Miroslava Lhotsky, Judy Turner, 2012-11-13 In North America some eighty eight million boomers are facing the physical and personal challenges of midlife But midlife can also be a time of tremendous vitality confidence and joy In this comprehensive guide three experts in midlife health draw on interviews the latest research and their own expertise to help men women and couples on the journey from midlife turbulence to midlife mastery The Healthy Boomer provides easy to use decision making tools accurate information and practical advice on such topics as The male and female menopause how to make a decision about hormone replacement therapy alternative health care preventing heart disease cancer and osteoporosis prostate health and impotence healthy relationships and great sex in midlife anti aging techniques weight control exercise and healthy eating the importance of spiritual well being handling midlife stress what to do if you can't remember names any more For the many North American boomers who are experiencing midlife challenges The Healthy Boomer is required and reassuring reading

Fast Facts: Breast Cancer Jayant S. Vaidya, David Joseph, 2014-06-02 Wherever you are in your career and whatever involvement you have with caring for women with breast cancer the fifth edition of Fast Facts Breast Cancer has something for you The world class authors of this popular fact packed handbook provide practical advice on all the key areas of breast cancer management from risk factors and diagnosis to treatment of all cancer stages But what really makes it stand out from the crowd is the authors awareness of the information you need when you talk to a woman concerned about breast cancer The chapter dedicated to perception of risk will refresh your knowledge and help you talk to your patients about their individual prospects while the short chapter on clinical trials will help you discuss potential participation in trials and answer common

questions Improvements in the management of breast cancer have followed three major themes in recent years greater optimization of individualized local treatment longer duration of therapies and the use of biological therapies targeted at specific receptors This colorful up to date handbook addresses all these trends alongside the disturbing issues of overdiagnosis as a result of screening and overtreatment Given the explosion in information technology patients and their families have access to much more information on their condition and as a result assume a more active role in their medical management Health professionals have an important role in helping patients sort the facts from the fallacies put the risks and benefits into perspective and balance their treatment choices For this reason alone Fast Facts Breast Cancer is an invaluable evidence based resource for everyone working in breast cancer care in primary and secondary settings from medical and nursing students to GPs specialist nurses and residents And one for your patients too The authors encourage you to make your patients well informed active partners in their breast cancer care by sharing this highly readable book with them Contents Risk factors Perception of risk Pathophysiology Diagnosis Local control of primary tumor Adjuvant therapy Follow up and rehabilitation Management of advanced cancer Clinical trials Future trends Useful resources **Fast Facts: Osteoarthritis** Philip G. Conaghan, Amanda E. Nelson, 2017-10-16 Worldwide osteoarthritis is one of the most rapidly rising conditions associated with disability For most people it is a syndrome of joint pain and stiffness with associated functional problems that have a substantial effect on quality of life As well as expert advice on well established diagnostic criteria and the latest practical treatment information this comprehensive handbook provides updates on the genetics of the disease novel concepts of the association between structural changes and pain recent recommendations for the use of modern imaging modalities the latest on intra articular therapies an insight into current developments in the field For all healthcare professionals who have ever felt unable to provide effective therapy for this disease or who have encountered negative patient and community attitudes to joint pain Fast Facts Osteoarthritis is essential reading Something can be done to help every person with osteoarthritis Fast Facts: Celiac Disease Geoffrey Holmes, Carlo Catassi, Alessio Fasano, 2009-08-01 Remarkable progress has been made in our knowledge of celiac disease yet the diagnosis is often overlooked The practical challenge for healthcare professionals is to identify the disease and offer patients a gluten free diet that will restore most to full health and help to prevent further complications This comprehensively revised second edition of Fast Facts Celiac Disease written by three international experts considers Celiac disease in all its forms typical atypical silent potential and latent Gluten sensitivity genetic risk and predisposing physiological abnormalities The variable presentation of disease in both adults and children Associated immune disorders The puzzle of diagnosis solved by clinical serological histological and genetic investigation Troublesome and sometimes life threatening non malignant complications The close links between celiac disease and dermatitis herpetiformis The risk of malignancy its treatment and prognosis Management with a gluten free diet and the emotional and social implications of the diet Potential new therapies Highly readable with informative

illustrations Fast Facts Celiac Disease provides an up to date account of this common yet easily missed condition It is an excellent clinical resource for the primary care team gastroenterologists in training and anyone who wants to know more about this challenging disease Contents Definition Epidemiology Pathophysiology Clinical manifestations Diagnosis Non malignant complications Dermatitis herpetiformis Malignant complications Management Future trends Useful resources

The 4 Season Solution Dallas Hartwig,2021-03-09 A revolutionary new paradigm for better health and a brilliant practical remedy for our current epidemics of stress fatigue and poor health Dr Ranjan Chatterjee bestselling author of How to Make Disease Disappear From the New York Times bestselling coauthor of The Whole30 and It Starts With Food comes a groundbreaking model for living in sync with the natural world By making small but meaningful changes to the four keys of wellness how you sleep eat move and connect over the course of the year you will reclaim your health regain your vitality and let go of excess weight But it doesn't take 365 days to feel results better sleep more energy and a brighter outlook come within just a few days of living seasonally It is time to reconnect with the natural rhythms that make our bodies healthy At once a bold new philosophy and an accessible plan to live well all year long The 4 Season Solution is the answer to our stressful unbalanced lives Robb Wolf New York Times bestselling author and a new health paradigm for an increasingly unhealthy world

Fast Facts: Eating Disorders Hans Steiner,Martine F. Flament,2012-01-01 The earlier a person with an eating disorder is treated the greater the likelihood of physical and psychological recovery Fast Facts Eating Disorders guides the reader through the latest evidence in detection diagnosis and efficacy of treatments for anorexia bulimia and related disorders including a practical overview of the risk factors genetic developmental and familial questions to ask the patient behavioral and physical signs and symptoms screening tools and laboratory investigations treatment goals and options In this highly readable handbook the two renowned authors demonstrate how a carefully coordinated and multidisciplinary intervention can be successful They address the important role of primary care physicians and other frontline healthcare workers in detecting eating disorders working with the treatment team and monitoring the patient and the positive impact these services can have on the rate and level of recovery Content Classification Epidemiology Etiology and pathogenesis Diagnosis General management principles Treatment of anorexia Treatment of bulimia Course and prognosis Other eating disorders Research areas Case studies Useful resources

AsSALTed Guido Filler,2020-08-28 Life expectancy has been declining in North America over the past 4 years in a row largely due to non communicable diseases such as high blood pressure heart attacks and strokes The impact of COVID 19 is not yet included in these statistics This is despite of all of the improvements in medicine If I had a magic wand and could change one thing that would reverse this trend it would be a 40% reduction of the salt intake in the population This book is about the dangers of a high salt intake and the benefit of reducing sodium intake below 2000 mg per day Benefits include a 50% reduction of osteoporosis induced hip fractures a 75% reduction in heart attacks and an 80% reduction in strokes There will be many other beneficial effects such

as a reduction of kidney stones Moreover billions of health care dollars could be saved if we adopted the salt laws of Finland which has been implementing the world s strictest laws for more than 3 decades This book is about one policy change that will result in a substantial improvement in the health of our population *Fast Facts: Ankylosing Spondylitis* Maxime Dougados,Désirée van der Heijde,2004-04-01 *Fast Facts Ankylosing Spondylitis* is a practical fact filled handbook for health professionals who need to update their knowledge of this disorder for the benefit of the patients in their care Provides a concise overview of the clinical features of the disease and differential diagnosis Includes the most recent information on the genetic basis of this disorder Covers the various management options including physical therapy non steroidal anti inflammatory agents and disease modifying drugs Highlights recently developed biological agents In addition to providing a wealth of practical information for use in patient care this text reviews future directions for investigation and management of this debilitating disease Contents The spectrum of spondylarthropathies Genetic aspects Epidemiology and socioeconomic impact Clinical features Assessment Physical therapy Non steroidal anti inflammatory drug therapy Disease controlling antirheumatic therapy Future trends Useful resources **Nursing Care of the Hospitalized Older Patient** Terry Mahan Buttaró,Kate A. Barba,2012-11-28 *Nursing Care for the Hospitalized Older Patient* is a comprehensive quick reference resource for registered and advanced practice nurses working with older patients in a hospital setting Organized in user friendly format the book provides vital information on all aspects of hospital care and the full range of health issues encountered by elderly patients The book is organized into four major sections The first section provides an overview of the aging patient including demographics normal aging changes and the general impact of hospitalization The second section covers proper health assessment providing guidance on history taking and evaluating laboratory values The third section is the largest part of the book and is made up of short similarly structured chapters dedicated to individual clinical issues ranging from burns to depression These chapters are organized by body system to maximize ease of use The book concludes with a section on special considerations that cross common clinical areas such as palliative care pain management fall prevention and discharge planning *Medical Disorders in Pregnancy* S. Elizabeth Robson,Jason Waugh,2013-05-29 The need for joint medical and midwifery care is stressed in the latest CEMACH report with a recommendation that contemporary midwifery education prepares midwives for problems in pregnancy and adverse pregnancy outcome Pre conception care for women with medical disorders has also been stressed *Medical Disorders in Pregnancy* is one of the first texts written specifically for midwives that provides an outline of common medical disorders that may be affected by pregnancy or which may cause pregnancy complications For ease of use all conditions are presented on two page templates and each addresses An explanation of the condition Standard Non pregnancy treatment Pre conception care Antenatal care Intrapartum care and Postnatal care The management treatment and care by both doctors and midwives are provided to allow a mutual understanding of each others roles and responsibilities **Calcium** Victor R. Preedy,2016 *Calcium s*

importance in health and disease is clear when listing its multiple roles in the body this edited volume will pool knowledge across scientific disciplines in a way that increases its applicability to a wide range of audiences and fills the gap identified in providing comprehensive synopses of food substances Seven Pillars Of Health Don Colbert,2010-09-24 New York Times Best Selling book with over 300 000 copies sold and nearly 200 Five Star reviews What is the status of your health What if in just fifty days you could experience more energy feel better look better decrease your stress prevent diseases be more efficient in your work and enjoy each day Would you In *Seven Pillars of Health* best selling author Dr Don Colbert shares timeless truths as he introduces you to the basics of good health Water Sleep and rest Living food Exercise Detoxification Supplements Coping with stress Following this well respected life plan outlined in *The Seven Pillars of Health* will help you make healthy choices one day at a time **Exercise Physiology for Health, Fitness, and Performance** Denise Smith, Sharon Plowman, Michael Ormsbee, 2022-07-12 With this new 6th Edition *Exercise Physiology for Health Fitness and Performance* continues to provide an authoritative resource for mastering exercise physiology This engaging accessible and approachable resource integrates theoretical and research based basic exercise physiology with real world application to prepare students for exciting positions in exercise science fitness physical education athletic training rehabilitation coaching and or allied health professions Updated throughout the text uses sound pedagogical principles to explain scientific research that is the foundation of exercise physiology and incorporates multiple features to help students apply their knowledge to improve human health fitness and performance Content in this edition is organized by independent units Metabolic Cardiovascular Respiratory Neuromuscular Skeletal and Neuroendocrine Immune offering maximum teaching flexibility for faculty and ensuring a consistent efficient and effective learning experience for students *Fast Facts for Health Promotion in Nursing* Carol A. Miller, 2013-03-27 Every chapter achieves its objectives This book is truly a quick reference tool combining the facts from many chapters in nursing textbooks and applying a holistic approach to care and promotion The author scales down the need to know of patient care while integrating health promotion opportunities within multiple nursing assessments and interventions I would recommend this book to a nurse or nursing student for its practicality for any clinical specialty and level of experience Kristy Gorman Clinical Practice and Education Specialist University of Maryland Journal for Nurses in Professional Development I would highly recommend this book to any nurse or nursing student for its practical usefulness in any practice arena It is a desirable reference for nurses who want access to pertinent health education information and resources at their fingertips Score 97 5 Stars Doody s Medical Reviews This addition to the *Fast Facts* series provides a succinct guide for nurses in adult health clinical settings and fills the need for an easy to use clinical reference that delivers a quick access reference on ways to incorporate wellness into their work helping to improve patient outcomes and throughout their daily lives helping to reduce personal and professional stress and improve their overall wellness There currently is no clinical reference book that nurses can use for health promotion in general and health promotion for wellness

in particular Having such a reference is especially pertinent to nurses who learned about health promotion in academic nursing programs but did not learn about health promotion in the broader context of promoting wellness Since Florence Nightingale nurses have considered health promotion interventions particularly patient education as an essential component of nursing care Historically these interventions traditionally focused on physical health concerns such as nutrition exercise and fresh air and more recently on immunizations and screening for disease e g cancer diabetes hypertension and cardiovascular disease Because health promotion has expanded to include wellness nurses now address issues related to broader aspects such as stress reduction body mind connectedness and self responsibility At the same time that wellness has become an important focus of care health care providers increasingly are emphasizing cost effectiveness and use of advanced technology As a result of these concurrent trends nurses experience high levels of job related stress and have less time to promote patient wellness as an integral part of their care even though they recognize its importance In addition nurses increasingly recognize that job related pressures negatively affect them personally and they are looking for ways to incorporate wellness in their work and personal experiences Fast Facts for Health Promotion for Wellness FF HP fills the need for an easy to use clinical reference that delivers a quick access reference on ways to incorporate wellness into their work and throughout their daily lives This book Helps nurses understand wellness in the context of health promotion Clearly defines wellness as it applies to the practice of nursing Describes evidence based techniques that nurses can readily incorporate into their usual care to promote wellness for their patients Provides easy to use assessment tools for identifying wellness related needs of patients Provides easy easy to use tools for teaching patients about interventions to promote wellness Provides evidence based information about complementary and alternative practices that nurses often address in patient care situations Provides information about reliable resources for patient teaching and additional information about topics Discusses ways in which nurses can achieve self wellness

Human Behavior in the Social Environment Anissa Taun Rogers, 2013-04-26 This bestseller is ideal for use in either one semester or year long generalist human behavior courses Why Because the text is concise and easily used in a one semester course But the text also comes with a companion set of readings and five unique cases that encourage your students to learn by doing and to apply their knowledge of human behavior to best practices Go to www.routledgesw.com/hbse to learn more These additional resources easily allow you to use the text and its related resources in a two semester sequence

Discovering Nutrition Dr. Paul Insel, Kimberley McMahon, Melissa Bernstein, 2025-05-13 Incorporating the latest research and dietary guidelines Discovering Nutrition Seventh Edition introduces students to the fundamentals of nutrition with an engaging and personalized approach Written with a diverse student population of nutrition majors and non majors in mind this text focuses on teaching behavior change and personal decision making with an emphasis on how our nutritional behaviors influence lifelong personal health and wellness while also presenting up to date scientific concepts in several innovative ways Thoroughly updated the new seventh

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