manag sickl cell diseas osteoporosi skelet disord character progress decreas bone miner densiti often earn monik `` silent thief `` due lack notic symptom earli stage unbeknownst mani weaken bone increas risk fractur particularli hip spine wrist significantli impact mobil independ howev combin prevent measur dietari adjust exercis routin medic individu build strong bone reduc risk osteoporosi understand risk factor osteoporosi crucial earli intervent age signific factor bone densiti natur declin advanc year women suscept osteoporosi men particularli menopaus due decreas estrogen level famili histori also play role close rel osteoporosi increas one 's risk certain medic condit rheumatoid arthriti thyroid disord weaken bone lifestyl habit also contribut diet defici calcium vitamin sedentari lifestyl smoke excess alcohol consumpt increas risk osteoporosi dietari modif cornerston build strong bone calcium primari build block bone adequ intak essenti throughout life dairi product leafi green veget calcium-fortifi food excel sourc dietari calcium vitamin vital calcium absorpt sunlight exposur dietari sourc like fatti fish vitamin d-fortifi food help meet vitamin need well-balanc diet rich fruit veget whole grain provid essenti nutrient overal bone health exercis play crucial role maintain bone densiti weight-bear exercis walk run danc stair climb put stress bone stimul becom stronger strength train exercis target major muscl group also improv bone health regular physic activ tailor individu abil limit essenti build maintain strong bone case dietari modif exercis alon insuffici medic may necessari bisphosphon common class medic osteoporosi slow bone breakdown increas bone densiti medic denosumab teriparatid also use improv bone miner densiti consult healthcar profession crucial determin appropri medic individu need monitor potenti side effect earli diagnosi osteoporosi essenti prevent fractur bone densiti scan dxa scan measur bone miner densiti diagnos osteoporosi individu high risk osteoporosi consult healthcar provid screen option live osteoporosi requir ongo manag maintain healthi lifestyl adher medic regimen attend regular follow-up appoint crucial stay healthi independ priorit bone health throughout life individu significantli reduc risk develop osteoporosi enjoy strong activ life