

Osteoporosis

Definition:

A bone disease where bones become weak and fragile.

Symptoms:

- Frequent fractures
- Back pain and stooped posture

Risk Factors:

- Aging
- Lack of calcium and vitamin D

Home Remedies:

- Weight-bearing exercises
- Dairy and leafy greens for calcium

Medical Remedies:

- Bisphosphonates for bone strength
- Hormone therapy

Prevention:

- Regular exercise and proper diet

Consult a Doctor if:

- Frequent fractures occur

Fun Facts:

- Women are more prone to osteoporosis.