

# 骨质疏松症

骨质疏松症是因为骨量减少，导致骨骼无力。跌倒，咳嗽和弯腰等小动作可能导致骨折。常见症状包括背痛、身高下降和弯腰驼背。老年人易患骨质疏松症，而绝经后的妇女尤其容易患骨质疏松症。



## 诊断

T-score 是通过骨密度测试 (DXA 扫描) 得出的数字，用于将您的骨骼强度与健康年轻人的骨骼强度进行比较。



T-score value	Risk Category
高于 -1.0	正常 BMD
-2.5 to -1.0	骨质减少
低于 -2.5	骨质疏松



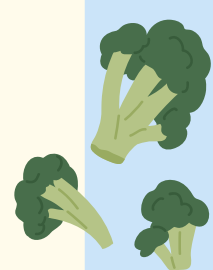
## 预防

尽早采取行动维持骨密度对于预防骨质疏松症很重要。

### 营养

1. 达到推荐的**钙摄入量**是通过:

- 低脂牛奶或酸奶
- 蔬菜 (西兰花、羽衣甘蓝) 和豆类
- 豆腐

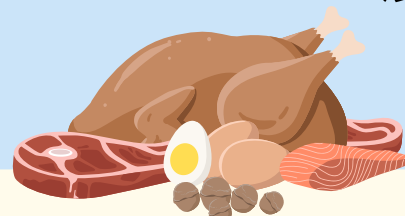


2. **钾摄入**:

- 水果 (香蕉) 和果汁
- 蔬菜: 菠菜、豆类、橡子南瓜



3. **蛋白质摄入**: 肉类、豆腐、豆类



### 生活方式

1. 减少**饮酒和吸烟**

2. 定期**锻炼**:

- 力量训练
- 平衡练习 (太极拳)



3. 通过**适度晒太阳**来提高维生素D. 但要同时使用防晒霜, 以最大限度地降低皮肤癌风险。



在许多情况下, 很多人直到发生骨折才意识到自己患有骨质疏松症。与您的医生讨论评估您的风险并进行简短、无痛的**骨密度测试**。建议的筛查年龄是 65 岁, 但如果您担心自己的风险, 请不要等待。



@nuchinatownhealth



<https://chinatown38.wixsite.com/northwestern>

# OSTEOPOROSIS

Osteoporosis weakens bones, making even small actions like coughing or bending cause fractures. Common signs include **back pain, height loss, and stooped posture**. Older adults, especially postmenopausal women, are most at risk.



## Diagnosis

A T-score is a number from a bone density test (DXA scan) that compares your bone strength to that of a healthy young adult.



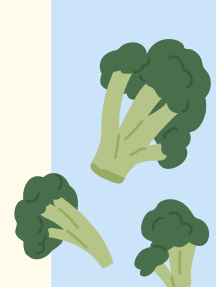
T-score value	Risk Category
Bigger than -1.0	Normal BMD
-2.5 to -1.0	Osteopenia
Less than -2.5	Osteoporosis



## PREVENTION

### Nutrition

1. Reach recommended **calcium intake** through:



- Low-fat milk or yogurt
- Greens (broccoli, kale) and beans
- Tofu

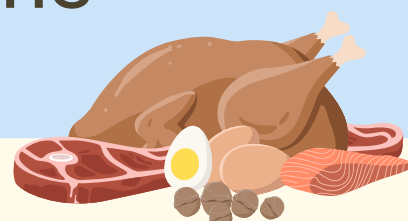


2. **Potassium intake**



- Fruits (banana) and fruit juices
- Vegetables: spinach, beans, acorn squash

3. **Protein intake:** meat, tofu, beans



### Lifestyle

1. Decrease **alcohol intake** and **smoking**

2. Regular **exercise**

- Strength training
- Balance exercises (tai-chi)



3. Boost vitamin D levels through **moderate sun exposure** while using sunscreen to minimize skin cancer risk.



Talk to your doctor about assessing your risk and taking a short, painless **bone density test**. The recommended age for screening is 65, but don't wait if you are concerned about your risk.



@nuchinatownhealth



<https://chinatown38.wixsite.com/northwestern>