

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，但如果担心自己的风险，请不要等待。

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.



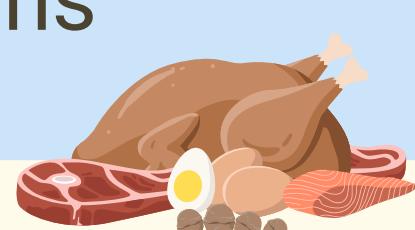
T-score value	Risk Category
Bigger than -1.0	Normal BMD
-2.5 to -1.0	Osteopenia
Less than -2.5	Osteoporosis



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.