

OSTEOPOROSIS AND ITS TREATMENT

Osteoporosis is a real problem in the elderly and is becoming increasingly problematic among younger individuals. Diet lends much to the health of the bone. Those drinking soft drinks which contain lots of phosphorus (necessary for keeping the sugars suspended and dissolved) may not realize it, but this actually pulls calcium from the bone to neutralize the phosphorus. Also, regular exercise which is a natural stimulant to bone growth is bypassed from lack of understanding how important this is to health. Then there is the hormonal influence of Testosterone, Estrogen and Progesterone which make the osteoclasts dissolve out the old bone matrix (estrogens) and the osteoblasts lay down new bone in the spaces left by the osteoclasts (testosterone and progesterone).

A common therapy is the use of bisphosphonates such as Fosamax, Boniva and Actonel. These stop the osteoclast activity which means that the old bone material stays put. The old bone with time does lose its strength, but the therapy does lower incidents of fractures. Progesterone and Testosterone are much more dynamic at improving bone density and strength and need to be considered more broadly, especially in light of all the other beneficial influences they have on overall health. For more information, see me (Larry) or visit my website at www.larryspharmacies.com. Have a good week!