

Measure your Bone Density at an Early Stage

Millions of people suffer from osteoporosis throughout the world. Osteoporosis is preventable only when they take it seriously and take the help of a health care provider regularly to assess the status of bone density. When neglected, this silent disease can even make them immobile and they have to depend on others all through their life.

When you are confirmed of osteoporosis, you have to consult and incorporate the recommendation made by your doctor and work actively to reduce the risk of bone loss. By adopting good health practices, you can treat and prevent any problem, including osteoporosis. If you want to prevent the disease at an early stage, then the best option is resorting to a regular balanced diet and exercise. Women are more prone to osteoporosis. But every woman wants to lead an active life. So, recognizing osteoporosis before time will help the women in aging successfully.

Osteopenia is a stage before osteoporosis in which the condition of bone density is very low. If you are careless after diagnosing osteopenia then that may lead to osteoporosis. Osteopenia is a mild bone-loss illness which is caused by various factors like age, clinical risk factors and bone mineral density. Even though there is no actual bone loss, there may be low bone density. It is usually found in a BMD or Bone Mineral Density test conducted for osteoporosis.

Unlike a standard X-ray, a BMD test can only detect change in bone density or even a small amount of bone loss. Bones normally attain maximum density when you become 30 years old. So the age before 30 is the right time to start the increase of bone density which will have long term benefits at a later stage in life.

You should strictly follow a balanced diet supported by regular exercise so that you can slow down the process of bone density loss and prevent the occurrence of osteoporosis.

Women lose their bone mass faster than men and are at a higher risk of developing osteoporosis. Most of the women stick to a unbalanced diet to maintain a slim body and to reduce body weight. In this process they neglect dairy products which contain the essential mineral calcium from their diet. With the loss of calcium, a primary source for bone strength, they put themselves in the risk of bone loss which ultimately leads to osteoporosis.

To avoid the incidence of low bone mass, it is very important for women to eat a healthy and balanced diet to maintain weight and also they have to avoid alcohol and smoking. Many women experience bone loss at an early age and end up with bone fracture in later stages.

There are various types of exercises to keep a perfect bone health. Walking keeps both body and mind fresh and healthy. When you do not want to expose yourself to sunshine, you can resort to the indoor treadmill. Weight lifting helps in maintaining a lean and perfect body.

There are simple weight-bearing exercises which are exclusively practiced by women with osteoporosis. For example, come to a standing position and put the weight of your body in one foot. This will help in maintaining your bone density. Jumping or skipping also brings calcium to the body by increasing your bone density.

About the Author

This website is a useful website that displays information on [bone density](#), [bone density test](#) and [bone density scan](#). You can simply log onto to this medical website if you wish to learn more about bone density.

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