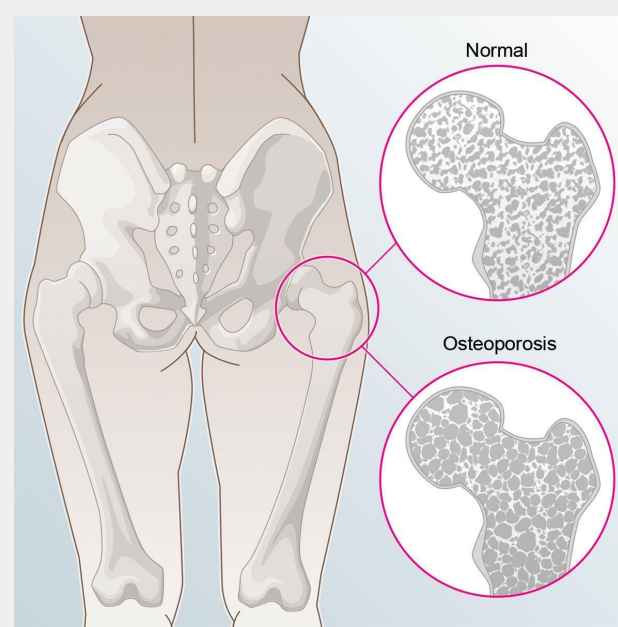


## Risk factors for developing osteoporosis:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• <b>Female</b></li> <li>• <b>Age</b> (risk increases w/ age)</li> <li>• <b>Thyroid disorders</b></li> <li>• <b>Low calcium intake</b></li> <li>• <b>Sedentary lifestyle</b></li> <li>• <b>Some diseases</b> (such as kidney dz, SLE, RA)</li> <li>• <b>Race</b> (Caucasian or Asian highest risk)</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Family History</b></li> <li>• <b>Eating disorders</b></li> <li>• <b>Gastrointestinal surgery</b></li> <li>• <b>Excessive alcohol or tobacco use</b></li> <li>• <b>Some medications</b> (such as steroids)</li> </ul> |
|--|--|



## HOW TO BUILD HEALTHY BONES

- ∞ Exercise regularly
- ∞ Eat plenty of fruits and vegetables
- ∞ Take Vitamin D3
- ∞ Take Vitamin K2

### Prevention

- Modify risk factors!
- Maintain a healthy diet
- Exercise regularly
- Optimize hormone levels
- Maintain a healthy weight
- Quit smoking
- Limit alcohol intake

### Allopathic Treatment

- Antiresorptive drugs are used to increase bone strength.
- Anabolic agents, such as parathyroid hormone analogs
- Romosozumab, a monoclonal antibody

### Naturopathic Treatment

- Avoid refined sugar
- Avoid excess intake of caffeine
- Modulate exposure of aluminum, lead, cadmium, and tin
- Supplementation
- Hydrotherapy, such as Russian steam