

Osteoporosis

Osteoporosis is a disease that results in the loss of bone tissue. When bone tissue is lost, the bones become brittle and break more easily.

Signs

The bone loss of osteoporosis often causes no signs. People may not know that they have the disease until their bones become so weak that a sudden strain, bump or fall causes a bone to break.

Bone loss that causes bones in the spine to collapse may be felt or seen as severe back pain, loss of height, stooped posture or a hump.

Tests

Talk to your doctor about testing for osteoporosis. Your doctor may order one of these tests:

- A **heel ultrasound** – This test looks for bone loss. You will need to take your shoes and socks off. Small pads are placed on each side of your heel. The test will take a few minutes and does not hurt.
- A **bone density scan**, also called DEXA – This x-ray test measures bone density in the lower spine, hip or wrist. The test takes only a few minutes. Do not wear clothing with metal zippers, snaps or under-wires. The results of the scan are reported as the amount of bone loss.
- A **blood test** – This test checks hormone levels and looks for other conditions that increase bone loss.

Lafa-beel

Lafa-beel waa cudur keena inay kaa dhintaan unugyada lafuhu ka samaysan yihiin. Markay unugyadaasi dhintaan, lafuhu si fudud bay u jabaan.

Calaamadaha

Inta badan calaamado gaar ah malaha cudurkani. Qofku isagoon ogayn inuu cudurkan qabo ayuun buu ku dareemi karaa inay lafihiisii jilceen amase uu si fudud u jabi karaa.

Markuu cudurkani ku dhaco laf-dhabarta waxaa lagu dareemi karaa xanuun had iyo jeer kaaga yimaadda dhabarka, iyo iyadoo aad itaal darrayso, iyo inaad soo qalloocsanto sidii wax tuur leh.

Baadhitaannada

Kala hadal dhakhtarkaaga badhitaanka loo sameeyo lafa-beelka. Waxaa laga yaabaa inuu dhakhtarkaagu kuu diro baadhitaanadan midkood Heel ultrasound – Baadhitaankani wuxuu eegaa lafabeelka. Waxaad u baahan tahay inaad iska saarto kabaha iyo sharabaadada. Waxaa dhulka la dhigaa sixniyo yaryar oo aad isku taagto. Dhowr daqiiqadood ka dib waxaa lagu siinayaa jawaabta, mana aha wax xanuun leh

- **Baadhitaan cufnaanta lafaha (scan)**, oo loo yaqaano DEXA – Waxa weeye sawir X-Ray/Raajo ah oo lagu cabbiro dhumucda lafahaaga ee halka ay ku dhammaato lafdhabarta, miskaha amase kuraankurta gacantu. Baadhitaankani isna wuxuu qaataa dhowr daqiiqadood. Hasoo xidhan dhar ay ku jiraan biro, sida badhamo ama sib bir ah amase waayirro ay ku jiraan. Jawaabta waxaa laguugu sheegayaa inta aad lafahaaga luminayso.
- **Baadhitaan dhiig** – Baadhitaankan waxaa lagu sameeyaa oo lagaa qaadayaa dhiig, waxaana lagu baadhaa xaaladaha sii kordhinaya inaad lafo beesho.

Your Care

Start at an early age to prevent and treat osteoporosis. Keep your bones strong throughout your life. Treatments can help stop or slow down further bone loss and bone breaks, but there is no cure.

- Eat a diet high in calcium or take calcium supplements each day.
 - **For those 19-50 years of age**, eat 3 servings or 1000 milligrams of calcium each day.
 - **For those over 50 years of age**, eat 4 servings or 1200 milligrams of calcium each day.
 - Sources of calcium in foods include milk, dairy products or calcium-fortified foods such as juices or cereals.
 - Calcium supplements may be an option if you cannot get enough calcium in your diet.
 - Do not increase your calcium intake above the advised amount.
 - Vitamin D is needed with calcium, and sunshine is the greatest source of Vitamin D. Being in the sun for 15 minutes a day three times a week gives the body enough Vitamin D. If you cannot get enough sunlight, take 400-800 international units of Vitamin D each day.
- Maintain a healthy weight. Being underweight puts you at higher risk for osteoporosis.
- Perform standing exercises such as walking, jogging, dancing and aerobics 3-4 hours per week.
- Stop smoking or tobacco use.
- Limit alcohol, caffeine and carbonated drinks.

Xannaanadaada

Bilow xilli hore intaadan waynaanin inaad ka hor tagto lafo-jajabka. Ilaali in lafahaagu ay noqdaan kuwa caafimaad qaba noloshaada oo dhan.

Daawayntu way ku caawin kartaa amase hakin kartaa inaad lafo beesho, hayeeshee ma jirto dawo lafo-jajab.

- Cun cunto ay ku badan tahay kaalshiyam amase qaado dawo ahaan kaalshiyam kaabe ah maalin kasta.
 - **Haddii da'daadu u dhaxayso 19-50 jir**, cun 3 inood amase 1000 milligaraam oo kaalshiyam ah maalintii.
 - **Haddii da'daadu ka wayn tahay 50 jier**, cun 4 inood amase 1200 milligaraam oo kaalshiyam ah maalintii.
 - Kaalshiyamka waxaa laga helaa caanaha, iyo cuntooyinka ay kaalshiyamku ku badantahay sida cabitaannada iyo heedda badarka iyo qamidiga laga sameeyo ee lagu quraacdo.
 - Kaalshiyamka oo aad dawo u qaadataa waxay bannaan tahay markaad cuntada si fiican uga qaadan kari waydo kaalshiyam kugu filan.
 - Haka badin intaad qaadanayso ee kaalshiyam ah intii lagu qorey.
 - Fiitamiin D ayaad u baahan tahay si aad Kaalshiyam u qaadata. Adigoo 15 daqiiqadood jooga cadceedda wiiggii saddex maalmood ayaa kugu filan Fiitamiin D jidhkaagu u baahan yahay. Haddii aadan helayn cadceed, waa inaad qaadataa maalintii 400-800 oo cabbirka adduunka ah ee Fiitamiin D.
- Is ilaali in culayskaagu noqdo mid fiican. Haddii aad shilis tahay khatar baad ku jirtaa inaad lafo-beesho.
- Caadayso socodka, orodka dheesha iyo xarakaad kale 3-4 saacadood toddobaadkii.
- Sigaarka jooji cabitaankiisa.
- Ilaali oo xadid cabitaanka alkahoosha, kafeega iyo cabitaanka kaarboonta leh.

- Talk to your doctor about medicines to reduce bone loss.
- Ask your doctor about estrogen replacement therapy if you are going through menopause or have had your ovaries removed. Estrogen can prevent more bone loss, but there are risks with this treatment. Talk to your doctor about the risks and benefits.

Talk with your doctor or nurse if you have any questions or concerns.

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- Kala hadal dhakhtarkaaga dawoowinka kaa anfaca inaad lafo beesho.
- Waydii dhakhtarkaaga sida laguugu beddeli karo isdaawaynta Istorojiin ay caadadu kaa joogsanayso. ama qanjidhada dhalmada lagaa saaro. Istorojiin waxay ka hortegi kartaaa inaad lafo beeshao, hayeeshee waxaa jira khataro ay keeni karto daawayntani. Kala hadal dhakhtarkaaga faa'iidada aad ka helo karto iyo halista ay kugu keeni karto.

La hadal dhakhtarkaaga ama kalkaaliso caafimaad haddaad wax su'aalo ah ka hayso ama shaki ka qabto.

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