

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.

Risk Factors

Women, in general, have less total bone mass than men, making them more likely to have osteoporosis. When you have one or more of these risk factors, you may be at greater risk for osteoporosis.

You have:

- Reached menopause before age 45
- Elderly women in your family who had fractures
- Had broken bones
- Conditions such as an endocrine disease, rheumatoid arthritis, kidney disease or Cushing's disease
- Had cancer treatments

Other risk factors include:

- Eating disorder such as anorexia – current or in the past
- Low calcium intake or vitamin D deficiency
- Low body weight or small bone body structure
- Caucasian or Asian

Lafa-beel

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

Alaamatho

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.

Walasheena kora qatarta

Bilaanta sidiyooba wali layiin laf yar yar marki lin fiiriyo magalka hajee. Madii ada qabta wala qatarta sheena kora walii helaasee dhibaato haga lafa beelka.

Meey qabtee:

- Dhalma deys madii ada jarta 45 sano
- Biaan da wiin oo qoyska kamid eh oo qabto jabniin
- Oo qabo lafa jajab
- Xalada oo kumid eyiin udurka kelida iyo udura kale
- Oo qaba dawenta kansarka

Walasheena kora qatarta meykumid eh:

- Rashiin xumo oo hada mise mar lasoo dhaafi
- Calcium yar oo qaadada mise vitamin D oo ki yaraada
- Misanka oo yaraada mise lafa oo yaruaraadaan
- Kaukasian mise Asian

Osteoporosis. Somali.

- ❑ Advanced age
- ❑ Unhealthy lifestyle behaviors, such as smoking, drinking a lot of alcohol and/or caffeine, and not getting enough exercise
- ❑ Certain medicines such as corticosteroids or heparin (long-term)

Tests

Talk to your doctor about testing for osteoporosis. Your doctor may order these and other tests:

- Bone mineral density test – This x-ray test measures bone density in the lower spine, hip or wrist. The most common type of this test is a dual-energy x-ray absorptiometry (DXA) scan. The test is painless and only takes a few minutes. The results of the scan are reported as the amount of bone loss.
- Blood and urine tests to check hormone levels and look for other conditions that increase bone loss such as vitamin or mineral deficiency.

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 **adults 19 to 50 years of age**, eat 3 servings or 1000 milligrams (mg) of calcium each day.
 - ▶ For **men over 50 years of age**, eat 3 servings or 1000 mg of calcium each day.
 - ▶ For **men over 70 years of age**, eat 4 servings or 1200 mg of calcium each day.
 - ▶ For **women over 50 years of age**, eat 4 servings or 1200 mg of calcium each day.
 - ▶ Sources of calcium in foods include milk, dairy products or calcium-fortified foods such as juices or cereals.

- ❑ Da wiin
- ❑ Dhaqan caafimad daro eh oo kumid ah dhuuqowga, cabitanka qamriga, bunka iyo sifeela in rororna
- ❑ Dawada barshoow mey kumid ah haparin

Baaritaanithy

Kala hadal dhakhtarkaaga badhitaanka loo sameeyo lafa-beelka. Dhaktarka mey kaweydiya kora haan iyo baaritaanka:

- Dhuuka lafta iyo uleesjee - Cabirka xray ee lafooga iyo mohooga. Kan caanka eh meey waa DXA. Baarintaankan wal dhuura maleh waqti yar yaana qaadadee. Jawaabta waxaa laguugu sheegayaa inta aad lafahaaga luminayso.
- Dhiiga iyo kaadida baritanshe oo laka fiiriyaaw hadii xalada lafaha is badali.

Daryeelka

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.
 - ▶ Dadka **wiwiin 19 ilaa 50 sano**, haa aamaan 3 jeer mise 1000mg oo calcium ah maalin walba.
 - ▶ Magalka **ku wiin 50sano**, haa aamaan 3 jeer mise 1000mg oo calcium ah maalin walba.
 - ▶ Magalka **ku wiin 70sano**, haa aamaan 4 jeer mise 1200mg oo calcium ah maalin walba.
 - ▶ Bilaanta **kuwiin 50sano**, haa aamaan 4 jeer mise 1200mg oo calcium ah maalin walba.
 - ▶ Kaalishiyamka waxaa laga helaa caanaha, iyo cuntooyinka ay kaalshiyamku ku badantahay sida cabitaannada iyo heedda badarka iyo qamidiga laga sameeyo ee lagu quraacdo.

- ▶ 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 helps your body absorb calcium. The main source of vitamin D for most people is sunshine. For people with light-colored skin, 15 to 20 minutes of sun exposure a day is enough for the body to make vitamin D. For people with dark-colored skin, 30 minutes a day is needed. If you cannot get enough sunlight, take 600 International Units (IU) per day for ages 1 to 70 years and 800 IU per day for ages 71 years and older.
- Maintain a healthy weight. Being underweight puts you at higher risk for osteoporosis.
- Perform standing exercises such as walking, jogging, dancing and aerobics 3 to 4 hours per week.
- Stop smoking or using tobacco.
- Limit alcohol, caffeine and carbonated drinks.
- 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.

- ▶ 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.
- ▶ Vitamin D meey ko caawiyee inii qaadato calciumka. Vitamin D mee laka helo karo iriida. Dadka oo maqaarka jilicsan 15 ilaa 20 dakiika wa inii suraman iriida si in helaan irii jirkood kafilan , dadka maqaarshoow adagna 30 dakiika wa inii helaan iriida maalin walba. Hoo ada helaana irii kii filan qaadooy 600 IU malin walba, walgii in dhaheya 1 ilaa 70 sano 800IU malin walba walgii in dhaheya 71 sano.
- Is ilaali in culayskaagu noqdo mid fiican. Haddii aad shilis tahay khatar baad ku jirtaa inaad lafo-beesho.
- Suubi roroor oo kumid ah dareerka, bodbodoow, dhadheelaaw, 3 ilaa 4 saacadood todobaadkii.
- Uskga tubaalu dhaaf dhuqoo toubakada.
- Ilaali oo xadid cabitaanka alkahoosha, kafeega iyo cabitaanka kaarboonta leh.
- 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 kartaa 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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