

Enhance your Bone Health with Good Living Habits

Now, you can get a scan done for the purpose of analyzing your bone loss rate and also can predict the chances of breaking of your bone. You can also find out the onset of osteoporosis subsequent to a fracture and can evaluate the effectiveness of osteoporosis treatment with this test. As preventing a disease is easier than cure, you should take steps to prevent disabilities of bone and subsequent fractures. You should periodically meet your health care provider and discuss the treatment options that are necessary for your bone health. Only by performing the test at an early stage, you can find out the silent killer disease "Osteoporosis". Bone density test is a boon of modern medical science as it can reveal the exact condition of your bones. Just by undergoing the bone density scan test you can find out the thickness of your bones and its physical condition. After your doctor gives you the test results of the scan you can interpret and analyze the T-score by comparing a standard bone density of a healthy youth with your bone density. While a T score in the range of +1 to -1 is considered to be normal as per the definition of World Health Organization (WHO), T score between -1 to -2.5 indicates low bone mass and any score less than -2.5 confirms osteoporosis. The risk of fractures increases with decrease in T score. However, the requirement of scan varies from one person to another. Usually the scan is prescribed in the cases of females below the age of 65 after menopause, males above 50 having risk factors or any persons having history of fragile fracture. However, it is important to intervene early and work for the improvement of your own bone health whether you fit into any one of the above categories or not, by knowing the T-score with the help of a scan. Now the question that may arise in your mind is what to do when you are diagnosed and confirmed of osteoporosis. When the scan reveals osteoporosis, you should rush to a health care provider and take his advice for keeping your bones in shape. You should discuss about the intake requirement of Calcium, Vitamin D and nutritional requirements. As a healthy human being you are supposed to have strong bones throughout your life. However, in reality, many people after the age of 50 reports vertebral fracture and suffer from osteoporosis or bone mass loss. The rate of loss of bone density is common to men and women when they attain the age of 65. However, women are more vulnerable to the disease at an early age. After menopause, the risk of osteoporosis increases in women as they lose the essential mineral calcium rapidly. So, they have to take supplements to maintain their bone health when they reach their menopausal period. The main reason for bone mass loss in everyone is due to the lack of dietary nutrients and deficiency of minerals like calcium. The life style and nutrition of a man plays a key role in the absorption of dietary calcium and maintenance of teeth and hard bones. You can find calcium in most of the foods and drinks. You should take sufficient quantities of both calcium and magnesium as shortage in one may diminish the other. If you wish to prevent osteoporosis in the years to come, you have to begin now by effecting changes not only in your eating habits but also in your lifestyle.

About the Author

You can find various details and information on [bone density](#) at this site. Also, there is an extensive display of information on [bone density scan](#) and [bone density test](#) and you can get a proper guidance if you visit this website.

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