STUDY NOTES · BASIC CONCEPT

What are common old age bone related diseases? Causes and Solutions

Art & Culture

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What are common old age bone related diseases?

As we age, bones naturally lose strength and density. In elderly people, this process can turn into serious bone diseases, increasing pain, disability, and fracture risk.

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Osteoporosis (Most Common in Old Age)

A condition where bones become thin, weak, and porous, making them prone to fractures.

Why it happens?

- Calcium loss with age
- Hormonal changes (especially after menopause)
- Vitamin D deficiency
- Sedentary lifestyle

Symptoms

- Often no symptoms until fracture occurs
- Back pain
- Loss of height
- Stooped posture (hunchback)

Common fracture sites

- Hip
- Spine
- Wrist

Diagnosis : Bone Density Test (DEXA scan)

Treatment

- Calcium & Vitamin D supplements
- Bisphosphonate medicines
- Hormone therapy (in some cases)

Osteoarthritis (Wear-and-Tear Disease)

What it is : Gradual breakdown of cartilage in joints, common with aging.

Affected joints

- Knees
- Hips
- Spine
- Fingers

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Symptoms

- Joint pain during movement
- Morning stiffness
- Swelling
- Reduced flexibility

Risk factors

- Old age
- Obesity
- Past joint injuries

Treatment

- Pain relievers
- Physiotherapy
- Weight reduction
- Joint replacement (advanced cases)

Vertebral Compression Fractures

What it is : Collapse of spinal bones due to weakness, usually from osteoporosis.

Symptoms

- Sudden or chronic back pain
- Height loss
- Bent spine

Complications

- Breathing difficulty
- Reduced mobility

Treatment

- Pain control
- Spine braces
- Bone-strengthening drugs
- Surgery in severe cases

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Paget’s Disease of Bone

What it is : Abnormal bone rebuilding process causing enlarged but weak bones.

Symptoms

- Bone pain
- Bone deformities
- Increased fracture risk

Commonly affected areas

- Pelvis
- Skull
- Spine
- Legs

Treatment

- Bisphosphonates
- Pain management

Osteomalacia (Soft Bones)

Cause : Severe Vitamin D deficiency

Symptoms

- Bone pain
- Muscle weakness
- Frequent falls

Difference from osteoporosis

- Osteomalacia = soft bones
- Osteoporosis = thin bones

Treatment

- High-dose Vitamin D
- Calcium supplementation

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PREVENTION & BONE CARE TIPS

- Daily calcium intake (1000–1200 mg)
- Vitamin D through sunlight & supplements
- Weight-bearing exercises (walking, yoga)
- Avoid falls (anti-slip mats, handrails)
- Regular bone checkups after age 50