



# **Osteoporosis: Clinical Guidelines for Prevention, Diagnosis, and Management**

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## Osteoporosis: Clinical Guidelines for Prevention, Diagnosis, and Management

Osteoporosis is a preventable disease. But each year some 500,000 people are hospitalized from osteoporosis fractures, and another 180,000 people are placed into nursing homes from injuries due to osteoporosis.

What can nurses, clinicians, medical researchers, physiologists, health care policy experts, and other providers do to diminish, if not eradicate, the disease from local to global scales? What are the best methods for care and treatment? Osteoporosis addresses these questions, and more. Designed as a complete reference, Osteoporosis presents vivid explanations plus illustrations of specific surgical procedures to guide in the preparation and post-operative rehabilitation of the patient for surgical repairs of fractures. Chapters also discuss leading components of a patient's recovery, from dietary requirements and exercise, to fall prevention, quality of life and independence issues.

The authors highlight disease prevention strategies and various models of community outreach that have proven effective in educating target populations about osteoporosis, encouraging proper lifestyle choices, and helping children to achieve their maximum bone potential at a young age.

Osteoporosis can be prevented. Here is the book to help you, and your health care institution, do just that.

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