



Osteoporosis For Dummies

Carolyn Riester O'Connor, Sharon Perkins

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Osteoporosis For Dummies Carolyn Riester O'Connor, Sharon Perkins **Facts and advice to help people understand and prevent osteoporosis**

There are an estimated 55 million Americans over the age of 50 who have low bone mass. This easy-to-understand guide helps readers assess their risk and find a practical approach to the diagnosis, treatment, and prevention of osteoporosis. It covers bone density tests and a wide range of treatment options for osteoporosis—from hormone replacement therapy and acupuncture to calcium-rich foods, supplements, and exercise—and offers pointers on preventing broken hips and other common fractures.

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