

甚麼是「骨質疏鬆症」？

骨質疏鬆症是一種慢性影響骨骼的疾病，通常已經患有骨質疏鬆症病人都察覺不出有任何症狀，待發生骨折後才知道其存在。正常的骨骼是由外層皮質骨和內層海綿骨所構成，人體全身共有206塊骨骼，各骨骼所含的皮質骨和海綿骨比例都不相同。

隨著年齡增長，身體逐漸老化，骨的新陳代謝功能亦會減慢，骨骼組織的鈣質會逐漸流失，骨骼內的孔隙變大，骨質密度降低。正常的骨質減少稱為「骨質缺乏」，但若骨質減少的速度加快，骨質變得脆弱而形成骨質密度疏鬆和容易折斷，就叫「骨質疏鬆症」。

骨質疏鬆症的產生可分為兩大類：

(一) 原發性的骨質疏鬆

由出生到踏入更年期，身體的骨質密度逐漸減少。在年青時，骨骼形成的速度較快，到大約35歲左右，身體的骨質會達到所謂「骨質頂峰」，亦是指人體內骨頭的骨質密度達到最高的時候。但當35歲高峰過後，骨質就不斷流失，進入骨質虛耗期。

(二) 繼發性的骨質疏鬆

成因主要為：

- 體內性激素濃度降低，如停經婦女
- 鈣的攝取量減少
- 維他命D不足
- 身體運動量減少
- 酗酒與飲食習慣不良
- 類固醇過多引致



骨質疏鬆症的病徵

- 長期骨骼疼痛
- 走動或工作時，背部產生刺痛
- 身高漸矮，出現駝背現象
- 脊椎前屈，導致腸胃不適

只要稍微碰撞或跌跤，就會造成骨折。常見骨折部位包括脊椎骨、股骨和手腕骨。

什麼人較易患有骨質疏鬆？

- 女性
- 50歲或以上
- 有親屬曾患有骨質疏鬆
- 身體骨架較小
- 吸煙、飲用含咖啡因的飲料或酗酒
- 長期缺乏鈣質及維他命D
- 提早停經的婦女(40歲以下)
- 年青時由於偏食、節食、壓力過大或過度運動
- 長期服用口服類固醇藥物或接受化學療法
- 患有副甲狀腺疾病、甲狀腺亢進、關節炎或慢性腎病



如何測量骨質密度？

雙能量X光線骨質密度儀 (DEXA)

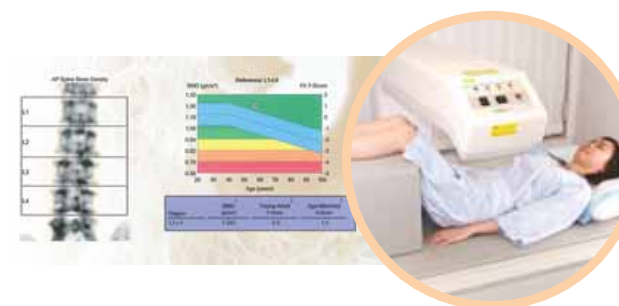
目前最為醫學界認同的檢查方法，而且量度骨質的測試過程安全、無痛、快捷及準確。以下是根據世界衛生組織的標準，用雙能量X光吸收測量儀得出的T分(骨質密度的量度標準)把骨質疏鬆程度分類：

骨質密度	T分	建議
正常	$T > -1$	保持健康生活，攝取足夠鈣質
骨質密度貧乏	$-2.5 < T < -1$	應諮詢專家，防止骨質流失
骨質疏鬆	$T < -2.5$	應諮詢專家，立刻採取有效醫治
嚴重骨質疏鬆	$T < -2.5$ 和曾經骨折	骨折風險極高，應儘快尋求治療

及早預防 — 炮製「硬骨頭」

最有效的方法是：積極「儲蓄」骨本，靠健康生活模式減低鈣質的流失。在青春期間，應補充鈣質及多做運動，可助儲蓄骨本。

- 飲食均衡多攝取鈣質和鎂質
- 保持健康生活，避免煙酒咖啡
- 增加戶外運動，多曬太陽
- 定期接受骨質密度檢查
- 諮詢醫生意見，補充鈣質和維他命D
- 注意環境安全，減少滑倒的機會



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預防骨質疏鬆

OSTEOPOROSIS PREVENTION



What is Osteoporosis?

Osteoporosis is a progressive bone disease; normally most patients are unaware of osteoporosis until the first bone fracture occurs. Our body has total 206 pieces of bones, which consist of cortical bone and trabecular bone. The proportion of these two bones would be different in various parts of body.

When you become older, the body start aging and the bone metabolism slow down gradually, that lead loss in calcium inside the bone tissue; Hence, the cavities within the bone becomes larger and more numerous, bone density decreased.

In general, regular bone loss just indicated insufficient bone. If too much bone is resorbed or the resorption is too fast, osteoporosis will result.



Types of Osteoporosis

Type I (Primary Osteoporosis)

Starting from birth to the onset of menopause, people lose a certain amount of bone steadily every year. Early in life, more bone is laid down than is removed, and an individual's peak bone mass is typically achieved by around age 35. After peak bone mass is reached, the remodeling process (the process of laying down new bone and removing old bone) takes away more bone than is replaced.

Type II (Secondary Osteoporosis)

Risk Factors are:

- Sex hormones decrease, such as menopausal women
- Low intake of Calcium
- Decline in Vitamin D
- Inactive physical exercise
- Alcoholic & irregular diet
- Prolonged use of steroids



Symptoms

- Bones pain over a long period of time
- Biting back pain when moving or working
- Loss of height, stooped posture happened
- Spine tends to curve & causes stomach disorder

Just a slight fall leads to a broken bone. The most common broken part is on the spine, hip & wrist.

High Risk Group:

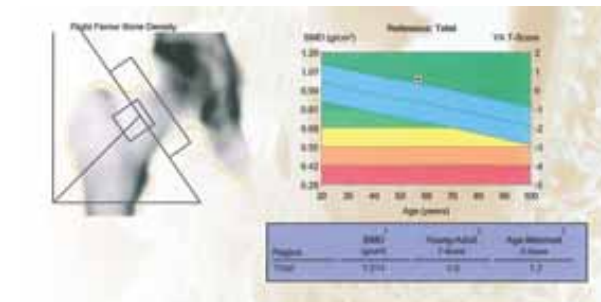
- All women
- Over age 50
- Family history of osteoporosis
- Small body build
- Cigarette smoking, coffee intake and alcoholism
- Lack of Calcium & Vitamin D
- Early menopause in women before the age of 40
- Ill-balanced feeding, on a diet, too much pressure or over exercise during young
- Prolonged use of certain medications, such as steroids and under chemotherapy
- Some diseases, such as thyroid hormone, hyperthyroidism, rheumatoid arthritis or nephropathy

How to Detect Bone Density:

Dual energy x-ray absorptiometry DEXA machine

Currently the most reliable and accurate test, the whole process is quick, safe and simple; with no pain or harm to your body. T score is the measurement of bone mass density. The following classifies the degree of osteoporosis in accordance with the definition given by World Health Organization.

Bone Density	T score	Recommendation
Normal	$T > -1$	Keep heand history of fracturealthy lifestyle and have good nutrition
Low bone mass	$-2.5 < T < -1$	Get medical advice to prevent bone loss
Osteoporosis	$T < -2.5$	Get medical advice and have treatment immediately
Severe Osteoporosis	$T < -2.5$ and history of fracture	High risk of fracture, take immediate action to prevent further fracture



Prevention: Strengthen your Bone

The most effective way is "Strengthen your bone", by a healthy lifestyle, to minimize the calcium loss, especially replenish enough calcium and do more exercise during young.

- A balanced diet rich in calcium and magnesium
- A healthy lifestyle with no smoking and excessive alcohol and coffee intake
- Outdoor exercises more under sunshine
- Regular check on bone density
- Supplement intake such as Calcium and Vitamin D under doctor's advice
- Care home safety



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