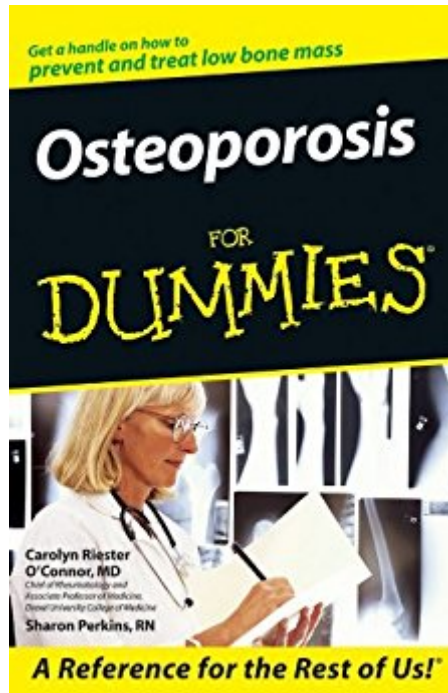




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Osteoporosis For Dummies



Synopsis

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.

Book Information

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Customer Reviews

Answered my questions and was easy to understand.

Has good information regarding osteoporosis, what may cause it, medications etc. other areas of focus should be on exercise and importance of body mechanics to prevent risk of compression fractures.

This book gives very clear, easy to understand information about Osteoporosis and everything that you need to know to prevent it or live with it with including foods, meds, and resources for help you may need. Very good for someone just diagnosed with it to prevent it from getting worse and causing fractures.

Safe, sound MD advice, clear as a bell.

This book is all you need to understand and treat osteoporosis. Includes food, exercises, explanations and much, much more. Thanks

The reason to for this purchase is to educate my mother who is suffering from Osteoporosis. She is please and most grateful for this book.

this price is valuable. send to my son, Amazing customer service and a great product. delivery on time receive it next day . love it .

This book was a wealth of information to start my search for what I can do with my doctor to prevent osteoporosis. I would recommend this book to anyone who wants to get a medical overview of the disease, drugs for reducing bone density loss, dietary and supplemental information.

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