

Risk factors for Fracture

- Family history of osteoporosis, especially in a mother or sister
- Race – Caucasian and Asian women are at most risks



- Aging decreases the bone tissue



- Continuing use of steroids
- Thin or small body structure makes one prone to osteoporosis
- Use of cigarettes or alcohol in excess



- Reduced calcium intake, protein & lack of weight bearing activity
- Estrogen deficiency in postmenopausal women



Rating:



Your rating: None

Other Speciality:

General Medicine

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