

OSTEOPOROSIS



Product Syllabus:

- What is osteoporosis?
- Bones
- Cortical bone
- Spongy bone
- At risk groups
- Women & osteoporosis
- Risk factors
- Amenorrhoea
- Steroid use
- Signs of osteoporosis
- Consequences
- Hip fractures
- Spinal fractures
- Caring for someone with osteoporosis
- Diagnosing osteoporosis
- Treatment
- Pain relief
- Medication
- Men & osteoporosis
- Prevention
- Diet
- Calcium
- Exercise
- Physiotherapy

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