

# What is Osteoporosis?

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Our anatomical skeleton can be considered the underlying base that allows us to functionally support ourselves in everyday activity. Harnessing the weight of our internal organs, muscle, and all other physiological units, the skeleton is a crucial component to human physiology and function. Our bones specifically are unique in nature, as over time, they reconstruct themselves in a process where cells called osteoblasts regulate bone formation whilst the precursor cells called osteoclasts regulate reabsorption of minerals such as Calcium and [Vitamin D](#) (Pierre, 1998). What happens when this structural basis, being our bony skeleton, deteriorates and becomes brittle? How will this affect your everyday life? This is due to amplified bone degeneration by osteoclasts and declined bone development by osteoblasts, showcasing itself as the disease known as [Osteoporosis](#) (Poole and Compston, 2006).

Osteoporosis can be characterized as a disease where irregularities in bone density levels become apparent in various locations on the body, and the susceptibility to frequent bone fractures increase. This physiological degrade attacks many areas of the body which can lead to fractures, most frequently those of the proximal femur, vertebrae, and distal forearm (Melton, Chrischilles, Cooper, Lane, & Rigga, 2005). Osteoporosis attributes a decrease in bone strength due to the degeneration of bone tissue and mineral loss amongst a variety of individuals who hold different risk factors. This bone ailment has been

linked to causing height loss, chronic pain, and difficulty with normal daily activities (Poole and Compston, 2006).

The most prevalent cause of Osteoporosis is age related, as bodily processes tend to wither away and bone regeneration become...

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