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OSTEOPOROSIS PREVENTION: DO YOU KNOW YOUR T SCORE?

Osteoporosis is a disease that thins and weakens bones to the point where they break easily. Based on recent statistics it is estimated that 54% of postmenopausal Caucasian females in the US have osteopenia while 30% have osteoporosis. About 1.3 million osteoporotic fractures occur each year in the U.S.

The T score osteoporosis number is a number that indicates whether or not bone loss has occurred and to what degree. Measures can be taken to prevent the progression of this potentially debilitating and lethal disease. If you’d like to learn more about T scores & preventing osteoporosis or if you would like copies of any of these articles, please ask any library staff member.


