Osteoporosis: A Review of Pathogenesis and Treatment

Abstract

Osteoporosis is a generic term used to designate a metabolic bone disorder characterized by a decrease in bone mass with normal mineral content. It occurs as a result of varied pathogenic mechanisms and is associated with a number of different disease processes.

Osteoporosis was first described by Pommer in 1885 (1). Though little was then known about its incidence and etiology, Pommer thought that the condition was the result of decreased bone formation, while bone resorption remained normal (2). Dietary deficiency of calcium was initially considered the major etiological factor, thus most patients were treated with calcium supplements and vitamin
The pathogenesis of osteoporosis in older women and men: a review

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Osteoporosis. Osteoporosis is characterized by a skeletal fragility with bone resorption and bone loss. Two important functions that maintain low mass are bone remodeling and osteoclastic bone resorption. In other words, osteoblastic bone formation and osteoclastic bone resorption are two important functions that maintain low mass.

Optimal treatment and prevention of osteoporosis require modification of risk factors, particularly smoking, physical activity, and diet, in addition to pharmacologic intervention.