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## Living Day To Day With Severe Osteoporosis: What Every Person Should Know Regardless of Age (Paperback)

By Alice V. Roberts

AUTHORHOUSE, United States, 2007. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Living Day To Day With Severe Osteoporosis is a true story about living with the disease osteoporosis starting at the young age of 35, and becoming permanently disabled at 49. Severe osteoporosis is painful, debilitating, and can cause numerous fractures that may even require major surgery. Through my personal journey with this disease I discusses extensively in Living Day To Day With Severe Osteoporosis what osteoporosis is, how I was diagnosed, my treatment in fighting osteoporosis, and the changes it has made in my day-to-day living as a result. Living Day To Day With Severe Osteoporosis explains the causes of osteoporosis, risk factors, the importance of diet and exercise, and the relationship of hormones to osteoporosis. Equally important is prevention and treatment. Osteoporosis related injuries often result in fractures that require major surgery, physical therapy and mobility assistance. Becoming permanently handicapped happens all too often. Osteoporosis can even result in death. Since one in eight men have osteoporosis, this book includes a chapter just for men. Over ten million people currently have osteoporosis. Once known mostly for...


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