

Lafa burburka

Osteoporosis

Osteoporosis is a disease that results in the loss of bone tissue. When bone tissue is lost, the bones become brittle and break more easily.

Signs

The bone loss of osteoporosis often causes no signs. People may not know that they have the disease until their bones become so weak that a sudden strain, bump or fall causes a bone to break.

Bone loss that causes bones in the spine to collapse may be felt or seen as severe back pain, loss of height, stooped posture or a hump.

Risk Factors

Women, in general, have less total bone mass than men, making them more likely to have osteoporosis. When you have one or more of these risk factors, you may be at greater risk for osteoporosis.

You have:

- Reached menopause before age 45
- Elderly women in your family who had fractures
- Had broken bones
- Conditions such as an endocrine disease, rheumatoid arthritis, kidney disease or Cushing's disease
- Had cancer treatments

Lafa burburku waa xanuun kaasoo ka dhasha luminta nudaha lafta. Marka nudaha lafta uu lumo, lafuhu waxa ay noqonayaan kuwo jilicsan si aad u fudud na u jabi kara.

Calaamadaha

Luminta lafaha ee lafa burburku inta badan ma sababo wax calaamado ah. Waxaa laga yaabaa dadku in aysan ogaanin in ay qabaan cudurka ilaa lafahoodu ka noqonayaan kuwo aad u tabar daran ayadoo dillaac dedeg ah, tuur ama god uu sababo in laftu jabto.

Luminta lafaha ee ku sababa lafaha kujira laf dhabarta in ay burburaan ayaa la dareemi karaa ama loo arki karaa dhabar xanuun daran, dheerarka oo luma, jirka oo foorar sada ama tuur.

Waxyaabaha Khatarta ah

Dumarka, guud ahaan, waxa ay leeyihiin guud ahaan culays lafood oo ka yar ragga, taasoo ka dhigaysa in ay inta badan qaadaan lafa burburka. Marka aad leedahay mid ama ka badan ee waxyaabahaan khataraha ah, waxaa laga yaabaa in aad khatar weyn ugu jirtid lafa burburka.

Waxaad:

- Gaartay joojinta caadada adiga oo aan gaarin da`da 45
- Leedihiin islaan da` ah oo qoyskaaga ah taasoo lafa jajab qabta
- Lahayd lafo jajaban
- Leedahay xaaladaha sida cudurrada qanjirrada, rheumatoid arthritis, cudurrada kalyaha ama cudurka Cushing
- Qaadatay daaweynta kaankarada

Other risk factors include:

- Eating disorder such as anorexia – current or in the past
- Low calcium intake or vitamin D deficiency
- Low body weight or small bone body structure
- Caucasian or Asian
- Advanced age
- Unhealthy lifestyle behaviors, such as smoking, drinking a lot of alcohol and/or caffeine, and not getting enough exercise
- Certain medicines such as corticosteroids or heparin (long-term)

Tests

Talk to your doctor about testing for osteoporosis. Your doctor may order these and other tests:

- Bone mineral density test – This x-ray test measures bone density in the lower spine, hip or wrist. The most common type of this test is a dual-energy x-ray absorptiometry (DXA) scan. The test is painless and only takes a few minutes. The results of the scan are reported as the amount of bone loss.
- Blood and urine tests to check hormone levels and look for other conditions that increase bone loss such as vitamin or mineral deficiency.

Waxyaabaha kale ee katarta ah waxaa kamid ah:

- Qaab darro cuntada ah sida anorexia – waqti xaadirkaan ama horey u dhacday
- Qaadashada kaalshiyamka oo hooseysa ama la`aanta vitamin D-ga
- Culayska jirka oo hooseeya ama lafaha jirka oo yaryar
- Caddaanka ama Aasiyaanka
- Da`da weyn
- Dabeecadaha hab-nololeedka aan caafimaadka lahayn, sida sigaar cabista, cabidda khamri badan iyo/ama kafeyn, iyo inaadan samaynin jimicsi kugu filan
- Daawooyinka qaar sida corticosteroids ama heparin (waqti dheer)

Baaritaanada

Kala hadal dhakhtarkaaga wixii ku saabsan baarista cudurka lafa burburka. Dhakhtarkaagu wuxuu amri karaa baaritaanadaan iyo kuwa kale:

- Baaritaanka cufnaanta macdanta lafaha - Baadhitaankan raajadu waxay cabirtaa cufnaanta lafaha ee laf dhabarta hoose, sinta ama gacanta. Nooca ugu badan ee tijaabadaan waa scan-ka dual-energy x-ray absorptiometry (DXA) Tijaabadu waa mid aan xanuun lahayn waxayna qaadataa daqiiqado yar oo kaliya. Natijoooyinka scan-ka waxaa lagu ogaadaa tirada lafaha lumay.
- Tijaabooyinka dhiigga iyo kaadida si loo hubiyo heerka hormone-nada loona fiiriyo xaaladaha kale ee kordhiya lafo luminta sida la`aanta vitamin-ka ama macdanta.

Your Care

Start at an early age to prevent and treat osteoporosis. Keep your bones strong throughout your life. Treatments can help stop or slow down further bone loss and bone breaks, but there is no cure.

- Eat a diet high in calcium or take calcium supplements each day.
 - › For **adults 19 to 50 years of age**, eat 3 servings or a total of 1000 milligrams (mg) of calcium each day.
 - › For **men over 50 years of age**, eat 3 servings or a total of 1000 mg of calcium each day.
 - › For **men over 70 years of age**, eat 4 servings or a total of 1200 mg of calcium each day.
 - › For **women over 50 years of age**, eat 4 servings or a total of 1200 mg of calcium each day.
 - › Sources of calcium in foods include milk, dairy products or calcium-fortified foods such as juices or cereals.
 - › Calcium supplements may be an option if you cannot get enough calcium in your diet.
 - › Do not increase your calcium intake above the advised amount.
 - › Vitamin D helps your body absorb calcium. The main source of vitamin D for most people is sunshine. For people with light-colored skin, 15 to 20 minutes of sun exposure a day is enough for the body to make vitamin D. For people with dark-colored skin, 30 minutes a day is needed. If you cannot get enough sunlight, take 600 International Units (IU) per day for ages 1 to 70 years and 800 IU per day for ages 71 years and older.

Xannaanadaada

Ku bilow da`hore si aad uga hortagto aadna isga daaweyso lafa burburka. Lafahaaga adkee noloshaada oo dhan. Daaweyntu waxa ay kaa caawin kartaa in la joojiyo ama hoos loo dhigo lafo lumin dheeraad ah iyo lafo jajabka, laakiin daawo malahan.

- Cun cunto uu ku badan yahay kaalshiyaam ama qaado waxyaabaha kaalshiyaamku ku jiro maalin kasta.
 - › **Dadka waawayn ee da'doodu u dhaxayso 19 ilaa 50 sano jir**, cun saddex jeer ama guud ahaan 1000 miligaraam (mg) oo kaalshiyam ah maalin kasta.
 - › **ragga ka weyn 50 sano jir**, ha cunaan 3 cunto oo wadar ahaan ah 1000 mg oo kaalshiyam ah maalin kasta.
 - › **ragga da`doodu ka weyn tahay 70 sano**, cun 4 jeer ama guud ahaan 1200 mg oo kaalshiyam ah maalin kasta.
 - › **Dumarka da`doodu ka weyn tahay 50 sano**, cun 4 jeer ama guud ahaan 1200 mg oo kaalshiyam ah maalin kasta.
 - › Ilaha kaalshiyaamka ee cuntada waxaa kamid ah caanaha, waxyaabaha caanaha laga sameeyo ama cuntooyinka kaalshiyaamka lagu xoojiyay sida cabitaanka ama badarka.
 - › Waxyaabaha kaalshiyaamku ku jiro ayaa doorasho noqon kara haddii aadan heli karin kaalshiyaam kugu filan oo cuntada kuugu jira.
 - › Ha ka kordhin qaadashada kaalshiyaamka wax kabadan inta laguugula taliyay.
 - › Vitamin D-gu waxa uu ka caawinayaa jirkaaga in uu nuugo kaalshiyaamka. Isha ugu weyn ee vitamin D-ga inta badan waa iftiinka qorraxda. Dadka leh maqaarka cad, 15 ilaa 20 daqiiqo oo qorraxda isu dhigaan ah ayaa ku filan jirka in uu samaysto vitamin D. Dadka maqaarka madow, 30 daqiiqo ayaa loo baahnyahay maalinkii. Haddii aadan heli karin qorrax iftiin oo kugu filan, qaado 600 oo Unugyo Caalami ah (IU) maalin kasta da`aha 1 ilaa 70 sano iyo 800 IU maalin kasta da`aha 71 iyo wixii ka weyn.

- Maintain a healthy weight. Being underweight puts you at higher risk for osteoporosis.
- Do standing exercises such as walking, jogging, dancing and aerobics 3 to 4 hours per week.
- Stop smoking or using tobacco.
- Limit alcohol, caffeine and carbonated drinks.
- Talk to your doctor about medicines to reduce bone loss.
- Ask your doctor about estrogen replacement therapy if you are going through menopause or have had your ovaries removed. Estrogen can prevent more bone loss, but there are risks with this treatment. Talk to your doctor about the risks and benefits.
- Ilaali miisaanka jirka si caafimaad leh. Miisaanka hoose waxaa uu ku galinayaa khatar sarreysa oo lafa burburka ah.
- Samee jimicsiga istaagga ah sida socodka, ruclaynta, qoob ka ciyaarka iyo jimicsiga laylinta 3 ilaa 4 saac asbuucii.
- Jooji sigaar cabidda ama isticmaalka tubaakada.
- Xaddid khamriga, caffeine iyo cabitaannada kaarboonku kujiro.
- Kala hadal dhakhtarkaaga daawooyinka si aad u yareyso lafo luminta.
- Weydii dhakhtarkaaga wax ku saabsan daaweynta bedelidda estrogen-ka haddii aay caadada kaa joogsatay ama lagaa saarey ugxan sidayaasha. Estrogen waxa ay ka hortagi kartaa lafo lumin dheeraad ah, laakiin waxaa jira khataro la socda daaweyntaan. Kala hadal dhakhtarkaaga waxyaabaha ku saabsan khataraha iyo faaidooyinka.

Talk with your doctor or nurse if you have any questions or concerns.

Kala hadal dhakhtarkaaga ama kalkaaliyahaaga haddii aad qabto wax su'aalo ah ama welwel ah.