



Outreach of the Month: Osteoporosis & Arthritis

Information for Your Patients

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Contact Us:

18800 Hubbard Drive,
Ste. 200
Dearborn, MI 48126

313-240-9867

<http://www.uopdocs.com>

nada@uopdocs.com

What is Osteoporosis?

Osteoporosis is a medical condition in which the bones become brittle and fragile from loss of tissue, making them more susceptible to fractures.

Risk Factors:

- Age – Bone density begins to diminish around age 30. It is important to fight this by engaging in regular exercise and making sure your diet is rich in calcium and vitamin D.
- Gender – While osteoporosis affects both men and women, the prevalence is much higher among women.
- Broken bones – Past fractures may lead to weaker bones.
- Smoking and alcohol – Smoking and excessive alcohol consumption can lead to thinning bones. To prevent risk of osteoporosis and fractures, refrain from these unhealthy behaviors.

What is Arthritis?

Arthritis is a disease featuring inflammation of the joints. There are over 100 types of arthritis and the causes vary based on which type a person has. They range from the breakdown of cartilage between bones (osteoarthritis) to inflammation caused by the body's immune system (rheumatoid arthritis).

Regardless of type, those with arthritis experience many of the same symptoms:

- Pain
- Stiffness
- Decreased range of motion
- Possible deformities of joints

Much like osteoporosis, some of the risk factors for arthritis include family history, age, and previous injury. Obesity is also a serious risk factor as carrying excessive weight puts increased stress on joints.

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