

## 如何治疗骨质疏松?

### 康复治疗

治疗目的: 缓解骨痛、控制病情发展、提高骨质量、预防废用综合征及继发性骨折、降低骨折发生率。

#### 基础措施

- 物理治疗: 物理因子具有较好的止痛效果。
- 运动疗法: 运动疗法可以阻止骨量丢失、增加骨量、改善骨密度和骨强度、改善患者运动功能。运动项目包括走路、奔跑、有氧操、跳舞、骑车、球类运动、体操及负重和抗阻训练等。运动频度为每天户外活动20~30分, 每周3~5次  
饮食与营养调理: 与骨质疏松关系密切的元素和营养素含有钙、镁、锌、铜、锰、维生素C、维生素D和蛋白质, 其中最为缺乏的是钙和维生素D。故应多食含钙及蛋白质丰富的食物。基础补充: 维生素D400—800IU/日 钙500—600mg/日
- 防止骨折: 在骨质疏松的情况, 扭身、持重物、弯腰幅度过大、下楼、或类似活动如坐汽车时的抖动、站立倒地等情况都可以引起骨折。

#### 药物治疗

根据对骨代谢的作用, 可分为三类:

- 抗骨吸收药物: 雌激素、降钙素、二磷酸盐、维生素D
- 促骨形成药物: 氟化物、合成类固醇、甲状旁腺素、维生素K
- 促骨矿化药物: 钙剂、维生素D



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Osteoporosis Rehabilitation  
骨质疏松的康复

### What is osteoporosis?

Osteoporosis is characterized by decreased bone mass and density, leading to an increased risk of fracture.

### What is osteoporosis characterized by?

- Osteoporosis is a “silent” problem as bone loss occurs gradually over a period of time. It is often not until patients have a fracture that they discover they suffer from osteoporosis.
- Osteoporosis affects more women than men.
- Postmenopausal women experience a sharp drop in hormone secretion, which can accelerate bone loss.
- The risk of osteoporosis increases with age.

### What are the symptoms of osteoporosis?

- Pain
- Deformed spine
- Fracture

### What are risk factors for osteoporosis?

Risk factors include age, gender, ethnicity, bone structure and body weight, family history, prior history of broken bones, cigarette smoking, alcohol abuse, and certain diseases and medications.

### How to prevent osteoporosis?

- Start a healthy diet and regularly intake calcium. Foods that have high calcium include dairy, soy, seafood, vegetables, nuts, and other foods fortified with calcium.
- Regular outdoor exercise and an adequate exposure to sunlight.
- Prevent falls by working to reduce your chance of slipping in your home and indoors.
- Treat other diseases you may have that could cause osteoporosis.
- Do exercises that include strength and balance training for your back and lower limbs.
- Eliminate bad habits like smoking and heavy drinking of alcohol.
- Prevent falls by walking or doing activities in a well-lit and flat place. Taking up light dance or *tai chi* may help build your ability to balance.

### How do you treat osteoporosis?

#### Rehabilitation

The goal is to relieve pain and to control the progression of the disease, improve bone mass, prevent disuse syndrome, and prevent and reduce the incidence of fractures.

#### Basic measures:

- Physical therapy can act as a natural painkiller.
- Exercise therapy can prevent bone loss, increase bone mass, improve bone density and strength, as well as motor function. Activities may include walking, jogging, aerobics, dancing, cycling, ball sports, gymnastics, and weight and resistance training. Aim for 20 to 30 minutes of activity per day, 3-5 times per week.
- Proper diet and nutrition can increase your intake of calcium, magnesium, zinc, copper, manganese, vitamin C, vitamin D, and protein. Calcium and vitamin D are especially important, so eat more protein-rich foods. Take a supplement of vitamin D 400-800 IU and 500-600mg of calcium per day.
- To prevent further falls or fractures, avoid twisting, holding heavy objects, excessive bending, going down the stairs, or similar kind of activities.

#### Medication

Based on your bone's metabolism, medications can be divided into three categories:

- Antiresorptive drugs: estrogen, calcitonin, bisphosphonates, vitamin D
- Medications that promote bone formation: fluoride, anabolic steroids, parathyroid hormones, vitamin K
- Medications that promote bone mineralization: calcium, vitamin D

### 什么是骨质疏松?

骨质疏松症是一种骨骼疾病以骨强度受损而导致骨折危险性增高为特征。骨强度主要反映了骨密度和骨质量两个方面的综合特征。

### 骨质疏松的特点有哪些?

- “沉默的杀手”：骨质疏松症早期往往没有症状，患者往往在骨折后才知道
- 女性发病率比男性高：女性绝经后激素分泌锐减，可加速骨质的流失
- 随着年龄增长，骨质疏松症的患病率将逐年增加

### 骨质疏松的症状是哪些?

- 疼痛
- 脊柱变形
- 骨折

### 哪些风险因素可引发骨质疏松症?

风险因素包括年龄、性别、种族、骨骼结构及体重、家族史、骨折史、吸烟、酗酒、以及某些疾病和药物。

### 如何预防骨质疏松?

- 保持良好的饮食习惯，每日摄取足够的钙质。富含钙质的食品（如：乳品类、豆制品类、海产类、蔬菜类、坚果类、其他添加钙）
- 适当的、有规律性的进行户外运动以及接受适量的日光照射
- 注意室内环境的安全性，减少滑倒机会
- 治疗引起骨质疏松症的其他疾病
- 做有助于增强背部、下肢平衡和力量的运动
- 戒掉吸烟酗酒的不良习惯
- 运动：腰背肌力训练、下肢肌力训练、平衡训练
- 消除不良习惯：戒烟、戒酒、不饮浓咖啡
- 预防跌倒：在光线好和平坦的地方行走或活动，以防跌倒。舞蹈和太极有助于增强身体的平衡能力