



# Osteoporoza

# Osteoporosis

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## Apstrakt

Kost je tkivo koje se stalno obnavlja. Postoji ravnoteža između procesa formiranja i razgradnje kostiju. Do osteoporoze dolazi kada je proces gubitka koštane mase brži od procesa degeneracija. Bolest pogađa i muškarce i žene, naročito žene sa ulaskom u menopauzu, stariju populaciju, belu rasu. Važnu ulogu ima snižen nivo polnih hormona, povećan nivo hormona tiroidne žlezde, kod bubrega i ponotidne žlezde, kao i nizak nivo kalcijuma, poremećaj u ishrani.

Rizik od osteoporoze veći je kod hroničnih bolesti, celiakije, zapaljenjske bolesti creva, gastro-ezofijagnog refluksa, reumatidnog artritisa, malignih bolesti, lupusa. U riziku su i pacijenti koji dugo koriste kortikosteroide, antiepileptike.

Komplikacije osteoporoze su prelomi kostiju, naročito kičmenih pršljenova i kuka, čak i sa minimalnim povredama.

Prevenција osteoporoze podrazumeva kvalitetnu ishranu, redovnu fizičku aktivnost, održavanje optimalne fizičke aktivnosti i unošenje dovoljne količine kalcijuma, bilo kroz ishranu, bilo kroz unos kao dodatka ishrani, kao i unos vitamina D.

Lečenje osteoporoze uključuje primenu lekova bifosfonata.

## Abstract

Bone is a tissue that is constantly renewed. There is a balance between the process of bone formation and breakdown. Osteoporosis occurs when the process of bone mass loss is faster than the process of degeneration. The disease affects both men and women, especially women entering menopause, the elderly population, white race. An important role is played by a decreased level of sex hormones, an increased level of thyroid hormone, in the kidney and hypothyroid gland, as well as a low level of calcium, a nutritional disorder.

The risk of osteoporosis is higher in chronic diseases, celiac disease, inflammatory bowel disease, gastroesophageal reflux, rheumatoid arthritis, malignant diseases, and lupus. Patients who use corticosteroids and antiepileptics for a long time are also at risk.

Complications of osteoporosis are bone fractures, especially of the spinal vertebrae and hips, even with minimal injuries.

Prevention of osteoporosis implies a quality diet, regular physical activity, maintenance of optimal physical activity, and intake of a sufficient amount of calcium, either through diet or intake as a dietary supplement, as well as intake of vitamin D.

Treatment of osteoporosis involves the use of bisphosphonate drugs.

