


## **TYPES OF OSTEOPOROSIS**

Type I (postmenopausal) osteoporosis occurs when there is a decline in ovarian function and lack of estrogen and progesterone production. This results in an increase of bone resorption and decrease in bone formation. The increased resorption leads to a greater loss of trabecular bone, resulting in typically vertebral and hip fractures (6).

In Type II (senile) osteoporosis the elderly experience hip fractures more often than spinal fractures, with a more even sex distribution. Weak, osteoporotic bone is slow to heal after surgical repair of the fracture and acute complications can follow, including pneumonia, pulmonary embolism, and depression. Aggressive physical therapy, often difficult for an elderly patient, may be necessary to overcome the consequences of prolonged bed rest. As a result, most patients fail to recover their full range of activity. While other fractures, such as that of the distal forearm bone, may be less traumatic, they still result in the loss of the use of the extremity for a certain period of time, limiting the individual's ability to function normally (6).

Certain medications and diseases cause Secondary osteoporosis. They may increase bone resorption, decrease bone formation, or increase calcium secretion. Some of the medications include: glucocorticoids, anticonvulsants, diuretics, and heparin while some diseases are: stroke, hyperthyroidism, hypogonadism, and early oophorectomy (6).

Osteoporosis for which there is no known cause is known as idiopathic osteoporosis. This condition is typically found in children and young adults. It is determined by a loss of bone density however, with normal hormone and vitamin levels.



**There are different types of osteoporosis:  
Postmenopausal, Senile, Secondary, and Idiopathic**

