



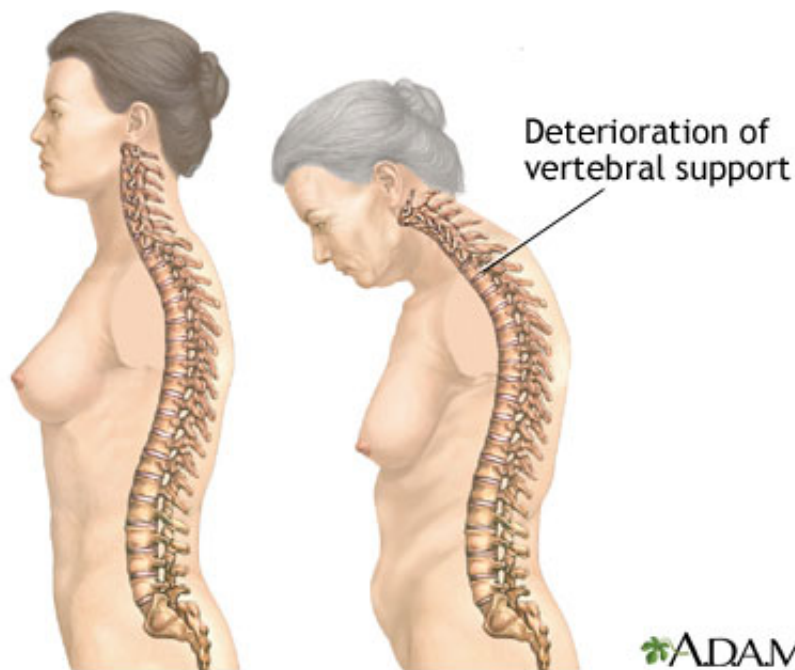
## What Should I Expect with Osteoporosis?

by NEWLIFEOUTLOOK TEAM

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### The Progression of Osteoporosis and How Its Treated

Reversing or reducing bone density loss requires a bit of a lifestyle change. Three ways you can improve your condition are with vitamin D, calcium, and exercise. Vitamin D promotes calcium absorption and calcium helps to build better bones. Vitamin D also helps improve your muscle function, which will help you when exercising. While supplements may seem like an easy solution, you should incorporate more calcium-heavy items into your diet. You'll get more out of the actual nutrition than you will from a supplement. The only supplement medical professionals typically recommend is vitamin D. Vitamin D is the sunshine vitamin, but direct exposure to the sun carries risks of its own.



Osteoporosis is a condition characterized by progressive loss of bone density, thinning of bone tissue and increased vulnerability to fractures. Osteoporosis may result from disease, dietary or hormonal deficiency or advanced age. Regular exercise and vitamin and mineral supplements can reduce and even reverse loss of bone density.