# http://trialx.com/curetalk/wp-content/blogs.dir/7/files/2011/05/diseases/Bone_Mineral_Density-3.gif

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# Bone Density Results

## Normal > -1

Osteopenia < -1 but > -2.5

Osteoporosis < -2.5

Severe Osteoporosis < -2.5 + low trauma fractures or stress fractures

**Three Major Types of Fractures Result from Osteoporosis:**

1. Spontaneous Vertebral Crush Fracture (Stress Fracture)

* A vertebrae in the spine becomes so weak that it collapses under the minimal stress of lifting an object or even from the stress of the body’s weight

1. Colles’ Fracture

* Occurs when a person lands on his or her hands while breaking a fall
* Because the bones in the wrist and forearm have been weakened by osteoporosis, the trauma from the fall causes a fracture

1. Osteoporotic Hip Fracture

* As many as 20% of individuals who suffer a hip fracture die within one year, usually as a result of complications of the fracture
* Up to 50% of elderly people end up in a nursing home after sustaining a hip fracture
* Many others never recover the full function they had prior to the fracture

**Key Nutrients ESSENTIAL for Healthy Bones:**

* Calcium/Magnesium
* Vitamin D3
* Minerals
* Protein
* Vitamin C
* And weight bearing exercises are necessary to force bones to thicken and become stronger