



Living with Osteoporosis: My Journey at 58

Description

On June 16, 2023, I had my first DEXA scan. I was 57 years old. Three hours later, a car hit mine, and I broke my wrist.

A DEXA scan is a test that checks bone density. It measures the amount of calcium in bones. The CDC suggests women over 65 get these scans. However, Joanna Strober, a health expert, advised me to get one sooner. Many women in their 50s have bones that are very weak.

A week after my accident, I learned I had osteoporosis. This means my bones are weak and break easily. I thought my broken wrist was my biggest problem. But osteoporosis put me at greater risk for injury.

Fifteen months later, it still hurts to lift things. Osteoporosis happens when the body loses bone faster than it can make new bone. It mostly affects older women. Doing exercises, eating well, and getting enough vitamin D can help. I am trying these methods. I am now searching for more ways to strengthen my bones. I want to stay active and healthy.

Vocabulary List:

1. **Osteoporosis** /,ɑː.sti.ʊ.pə'roʊ.sɪs/ (noun): A medical condition in which bones become weak and brittle.
2. **Density** /'dɛn.sɪ.ti/ (noun): The degree of compactness of a substance especially in relation to bone.
3. **Calcium** /'kæɪ.lsi.əm/ (noun): A chemical element essential for bone health and the functioning of various bodily processes.
4. **Injury** /'ɪn.dʒər.i/ (noun): Damage to the body resulting from an accident or a medical condition.
5. **Strengthen** /'strɛŋ.θən/ (verb): To make something stronger or more powerful.
6. **Suggest** /sə'dʒɛst/ (verb): To put forward an idea or plan for consideration.

Comprehension Questions

Multiple Choice

1. What is the purpose of a DEXA scan?
Option: To measure bone density
Option: To detect heart problems



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- Option: To assess lung function
 - Option: To check blood sugar levels

2. Who typically receives a recommendation for a DEXA scan from the CDC?

- Option: Men over 50
- Option: Women over 65
- Option: Children under 10
- Option: Adolescents

3. What is osteoporosis?

- Option: A condition where bones become stronger
- Option: A condition where bones are weak and break easily
- Option: A type of joint disease
- Option: A disease that affects the muscles

4. How can osteoporosis be managed?

- Option: Regularly consuming sugary drinks
- Option: Avoiding sunlight exposure
- Option: Engaging in weight-bearing exercises
- Option: Eliminating dairy products from the diet

5. Who is most commonly affected by osteoporosis?

- Option: Young children
- Option: Teenagers
- Option: Older women
- Option: Middle-aged men

6. What nutrient is essential for bone health?

- Option: Vitamin C
- Option: Vitamin D
- Option: Vitamin A
- Option: Vitamin K

True-False

7. Joanna Strober suggested getting a DEXA scan before the age of 65.

8. Osteoporosis occurs when the body makes new bone faster than it loses bone.



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9. Osteoporosis primarily affects younger adults.
 10. Lack of exercise can contribute to the development of osteoporosis.
 11. Calcium intake does not play a role in bone health.
 12. Women in their 50s do not typically have weak bones.

Gap-Fill

13. Osteoporosis puts individuals at a greater risk for injury because their bones are weak and break _____.
14. The CDC recommends DEXA scans for women over the age of _____.
15. Osteoporosis occurs when the body loses bone faster than it can make new bone, affecting primarily _____.
16. Engaging in weight-bearing exercises, eating well, and getting enough _____ can help manage osteoporosis.
17. Joanna Strober, a health expert, advised getting a DEXA scan earlier than the CDC recommendation for women over _____.
18. Osteoporosis is a condition that requires individuals to actively work on strengthening their _____ to prevent further complications.

Answer

- Multiple Choice:** 1. To measure bone density 2. Women over 65 3. A condition where bones are weak and break easily 4. Engaging in weight-bearing exercises 5. Older women 6. Vitamin D
- True-False:** 7. True 8. False 9. False 10. True 11. False 12. False
- Gap-Fill:** 13. easily 14. 65 15. older women 16. vitamin D 18. bones



Answer

CATEGORY

1. Health - LEVEL1

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