

**PREVENTIVE MEDICINE:  
THE CURRENT STATE AND PROSPECTS**

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**TREATMENT AND PREVENTION OF OSTEOPOROSIS  
IN ALL PERSONS OF THE POPULATION**

**ЛІКУВАННЯ ТА ПРОФІЛАКТИКА ОСТЕОПОРОЗУ  
ВСІХ ОСІБ НАСЕЛЕННЯ**

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**Relevance.** Osteoporosis – affects many people of both sexes, all races, the prevalence of the disease increases with the aging of the population. Osteoporosis is a serious human health problem that affects the somatic, psycho-emotional and social state. It is characterized by a decrease in bone

strength, an increased risk of fractures, and has a global impact on the medical and economic component of the country.

**The purpose of the article** is to analyze measures for the prevention and treatment of osteoporosis based on the analysis of modern scientific research.

**Materials and research methods.** Theoretical analysis and generalization of data from modern scientific literature sources.

**Results.** Bone Health and Osteoporosis Foundation – First published the Prevention and Treatment Clinician’s Guide in 1999. Since that time, there have been significant changes and improvements in the diagnosis, treatment methods and preventive measures.

The International Society for Clinical Densitometry (ISCD) recommends the use of diagnostics to measure bone density loss in young women and men of all ethnic groups [2].

No evidence has been found that supplemental calcium intake has a benefit for bones. But there is evidence that supplemental calcium intake of more than 1200-1500 mg per day may increase the risk of kidney stones [3, p. 83 ].

Institute of Medicine (IOM) recommendations for calcium intake:

– 1000 mg per day, for women aged 19-50, for men aged 19-70;

– 1200 mg per day, for women aged 51 years and older, for men 71 years old and older [7].

The treatment of osteoporosis should be comprehensive and include measures for a healthy lifestyle, a balanced diet, sufficient intake of calcium and vitamin D, and the necessary nutrients to maintain the human body in proper condition [4, p. 370 – 378; 11, p. 76].

The use of tobacco products and alcohol is harmful to the general condition and bone tissue [1, p. 174 – 177]. This is associated with a decrease in calcium absorption and an increased risk of falls [6, p. 15 – 24].

In individuals with osteoporosis, complex individual programs combining cardio training and resistance exercise have been reported to have a significant effect on increasing bone density, improving balance and preventing falls [8, 9, p. 885 – 891, 10, p. 1687 – 1699].

Found studies on physical activity, the period of systematic implementation is 1 year, the frequency of falls in the main group decreased to 74%, and in the control group, no positive indicators were found [5, p. 2092 – 2100].

**Conclusions.** After reviewing the literature, there are a wide variety of treatments and preventive measures for patients with osteoporosis. Due to the high risk of fractures, patients should be properly evaluated, follow healthy lifestyle recommendations, and implement therapeutic measures to protect bone tissue. However, the issue is not fully resolved and requires further research.

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