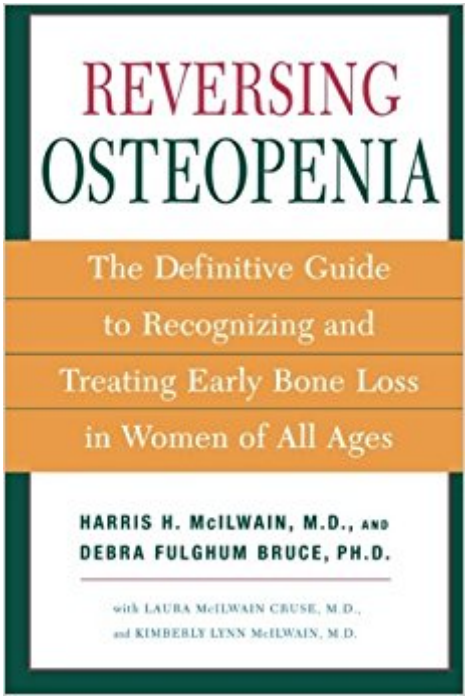
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Reversing Osteopenia: The Definitive Guide To Recognizing And Treating Early Bone Loss In Women Of All Ages



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Synopsis

For the eighteen million American women afflicted with early bone-loss disease, here is the first comprehensive guide to identifying and controlling the condition before it progresses to osteoporosisOsteoporosis, which afflicts more than half of all American women over the age of fifty, is a widespread and all-too-familiar problem. Osteopenia, a milder bone-loss disease that is the forerunner of osteoporosis, is less well known but affects an estimated eighteen million young and middle-aged women-including women in their late teens and early twenties. Since many doctors associate low bone density exclusively with postmenopausal women, millions of women in their childbearing years suffer from undetected bone loss, putting them at risk for debilitating fractures down the road.In Reversing Osteopenia, Dr. Harris H. McIlwain and his two daughters, also rheumatologists, fill the knowledge gap about this easily diagnosable disease, help younger women recognize the risk factors for bone loss, and provide a five-step program for controlling and even preventing bone loss. Their age-specific recommendations for women in their twenties, thirties, forties, and fifties include - exercises that strengthen rather than threaten your bones - new information about foods that build bone density - ways to avoid medicines that rob bones of their strength - recommendations of natural dietary supplements This groundbreaking book offers new hope for young women at risk for osteopenia.

Book Information

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Customer Reviews

Harris H. McIlwain, M.D., a board-certified rheumatologist, is the founder of the Tampa Medical

Group. He has served as chairman of the Florida Osteoporosis Board since its inception five years ago. Town and Country has twice named him one of the best doctors in America. Laura McIlwain Cruse, M.D., and Kimberly Lynn McIlwain, M.D., are rheumatologists and board-certified internists in Florida. Debra Fulghum Bruce, Ph.D., has written more than 2,500 articles and sixty-five books on various health topics.

From Reversing Osteopenia:Osteopenia, a stage of bone density loss that is the forerunner to osteoporosis, is a silent but deadly condition that leads to painful and deforming fractures. It begins to rob bones during the most productive time of a woman's life-from the childbearing years to perimenopause. Treating osteopenia before full-blown osteoporosis and fractures set in is as effective as treating blood pressure before the stroke, or high cholesterol before the heart attack.A few osteopenia facts:A recent study has shown that almost 20 percent of college-age women already have osteopenia. Often, the women at highest risk are the ones who may appear healthiest-thin, athletic, fit.More than 30 percent of perimenopausal women (late thirties to late forties), and more than half of women fifty years of age and older, suffer from low bone density.More than 80 percent of those with osteopenia don't know it and are not treated-seven out of ten women over thirty have never even discussed the detection or prevention of low bone mass with their doctors.The incidence of osteopenia is on the rise, thanks in part to the popularity of coffee and soda, the spread of eating disorders, and the lack of bone-strengthening exercises in many lifestyles.Despite all this, osteopenia can easily be diagnosed and controlled.

I gave this book to my sister as a gift. She was diagnosed with osteoporosis like ten years ago. She follows a strict lifestyle with exercise and diet and has reversed her osteoporosis to mild osteopenia. She said that she loved the book and utilized a lot of the suggestions which have helped her.

Good information to maintain optimum skeletal wellness.

The book arrived in very good condition and promptly. Book is a good overall explanation of osteopenia, treatments and to-dos for stabilizing and reversing the condition. Very helpful; it took the "scary" out of an unexpected diagnosis.

I like most of the information I have read. I am not interested in taking medicine although I should according to my doctor. Nice exercises and food ideas except that some are full fat but that can be

fixed by using low fat in it’s place. An update of this book would be nice with some changes that other people have also complained about.

Helpful and well written

As advertised

My fault - it did not state the date published and while it is helpful - it needs to be updated - probably why I got it for a reduced price!

I would highly recommend this informative book for anyone dealing with osteopenia...we need to learn all we can to be proactive and protect ourselves against bone loss and there is much useful information contained in this book.

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