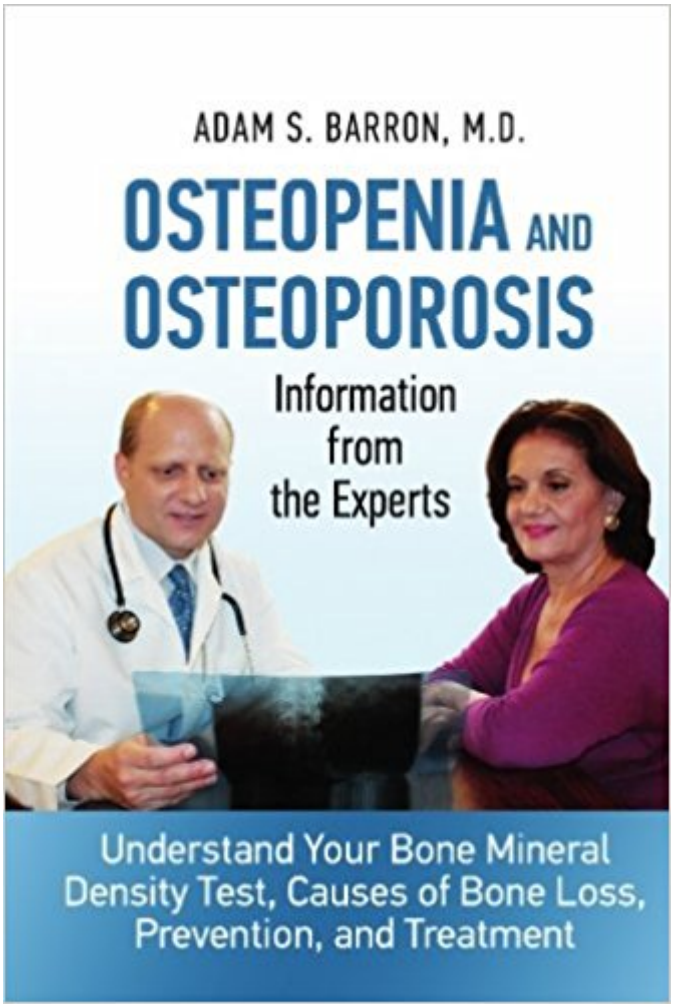
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Osteopenia And Osteoporosis: Information From The Experts: Understand Your Bone Mineral Density Test, Causes Of Bone Loss, Prevention, And Treatment




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Synopsis

Most of us have heard about osteoporosis and osteopenia, especially in the elderly. We are told by our doctors and the media that if we fail to get adequate calcium during our lives, we are at high risk for these conditions later in life. While this is true, it is by no means the complete picture. In his book, Osteopenia and Osteoporosis: Information from the Experts, Dr. Adam Barron provides us with the information that our health care providers sometimes fail to tell us. He discusses the potential causes of bone loss, what to do if you're diagnosed with osteopenia or osteoporosis, how to understand T scores and laboratory tests, and the various treatments available-all in an easy to read, nonscientific style, and highlighted throughout with case studies describing actual patient conditions. If you have osteopenia or osteoporosis-or you suspect that you do-the information shared by Dr. Barron prepares you for talking to your doctor to minimize the effects of these conditions.

Book Information

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Customer Reviews

Dr. Adam S. Barron, M.D. is a board certified rheumatologist who is in private practice in Florida. Dr. Barron completed his medical education at the University of Miami School of Medicine. He then went on to complete his internal medicine residency at Orlando Regional Healthcare Systems, and his rheumatology fellowship at the University of Florida. Dr. Barron is also certified by the International Society of Clinical Densitometry.

I purchased this book because I have osteoporosis. When it arrived from ".com" both my husband & I read it. It contains a lot of good and complete information. It is easy to understand. The table of

contents also makes it easy to go back to reread something. It made it possible to know more about my condition and to intelligently ask my doctor questions. I really liked the fact that it answered and explained things instead of being over powering like a large school/college textbook. It is the second medical book that I have purchased that also is easily understood and explains and gives answers, the first being for Crones and Colitis. It is the same size book and is for the average person to read and understand their or their loved ones condition. I think it is wonderful when doctors share their knowledge with us. I would definitely recommend Dr. Adam Barron's book to my friends including those I know on the Internet.

I always thought that only "Old" people got osteoporosis. This book opened my eyes without talking down and making feel like I was stupid for not knowing. I enjoyed learning the process behind diagnosising Osteopenia and Osteoporosis. I know what questions to ask without sounding stupid to my doctor. Thank you for writing a book that talks to you and not above or demeans you for not knowing. I loved it and will recommend it to everyone wanting to know more. Patti

this book taught me nothing i don't already know. Am aware of the bone density tests, some causes of bone loss, etc from other books. There was NO mention of What to do if you have Severe osteoporosis and the Doctors cannot figure out Why?? More info on Forteo would be helpful as in Is this a safe drug being new to market. Where to we turn for help when tests come back negative and severe osteoporisis has set in even in our 50's. What foods can help us?? Yrs ago we were told to take calcium in our foods, then we read countries where they don't ingest calcium have stronger bones?? any NEW research being done on this?? i drank milk my whole life, eat yogurt all the time and still suffer with osteoporosis?? Where do we go when the Doctors have no answers?? Very small book. Not worth the money. Still have no answers??? sunsetgal

This book is very informative about the causes and treatments of Osteoporosis and Osteopenia. It is written in language that easy for the reader to comprehend and understand the specifics of the Bone Density test, what the results mean and how that affects the treatment of these conditions. I would recommend this book to my friends!

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