



## Osteoporosis: Causes, Symptoms & Treatment – 8 HRS

**8 HRS | Osteoporosis – Causes, Symptoms and Treatment Strategies** thoroughly discusses the topic of osteoporosis. Topics include prevalence, diagnostics risk factors, causes, treatment, case studies, monitoring bone health over time.

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## **8 HRS | Osteoporosis - Causes, Symptoms and Treatment**

**Strategies** | Osteoporosis, a progressive bone disease, affects millions worldwide, leading to increased fracture risk and compromised quality of life. This comprehensive 8-hour course delves into the multifaceted nature of osteoporosis, equipping healthcare professionals with the knowledge and skills to effectively diagnose, manage, and when appropriate, treat this condition.

Through a combination of insightful lectures and case studies, participants will gain a thorough understanding of **osteoporosis prevalence, risk factors, and underlying causes**. The course explores advanced **diagnostic techniques**, including bone densitometry, trabecular bone score, FRAX assessment, and laboratory interpretations, enabling accurate evaluation and monitoring of bone health.

Participants will learn to navigate the intricate web of **osteoporosis treatment options**, including **medications, natural compounds, dietary interventions, and targeted exercises**. Real-world case studies will reinforce the proper application of diagnostics and treatment strategies, ensuring a patient-centered approach to care.

By the end of this course, participants will be able to:

1. Identify the multiple factors, diseases, and drugs that cause or contribute to osteoporosis.
2. Explain imaging techniques for diagnosing and monitoring disease progression or treatment efficacy.
3. Describe a systematic algorithm for assessment, diagnosis, secondary diagnostics, and treatment selection.
4. Summarize the spectrum of treatment options available to healthcare professionals.

5. Critically evaluate research supporting or refuting various treatment options.
6. Understand topics tangential to, but associated with, osteoporosis.

This course is designed to be highly relevant to patient care and clinical practice, empowering healthcare professionals to provide comprehensive and evidence-based management of osteoporosis.

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