

HilltopJPJ

The medical industry, is just that an industry not a vocation/discipline. They don't want you well, they want you coming back, it is sad but true. I've pretty much walked away from western. I take zero prescriptions, never have, not planning to; at age 62. Work outside for part time income, outside on the homestead firewood and gardening. I like chocolate a bit more than I should, but have cut back on good local beer from 1-2 per day to 1-2 per week. The farther away that can stay from the medical industrial complex the better, that's my philosophy.

Posted On 05/03/2024

David48

Sounds like you're doing a good job. Much to admire about your efforts to stay health and strong. Keep in mind that chocolate tends to have a lot of lead in it. According to "Lead Safe Mama" and probably "Mamavation" website, and other sources -- from experts who know a lot about such things. However, when I'm under extreme stress situations (momentarily, such as immediately after dealing with something stressful), I do occasionally use a bit of chocolate as an immediate mood helper. It has a quick effect. I try to use it seldomly, and as only a very special treat. Like a social occasion, etc.

Posted On 05/04/2024

Guillermou

Allopathic Medicine interprets the causes of disease diagnoses to enhance the sale of its products that promote chronic diseases. It is about positioning the public as a group of people who are naive or incapable of taking responsibility for themselves, or of making critical and responsible decisions. The public ends up accepting the imposed measures and even supporting them with conviction. Among osteoporosis patients, up to 30% to 60% of female and male subjects are actually affected by a secondary cause of bone fragility. Elevated levels of cortisol interfere with osteoblast formation and dramatically decrease bone formation, decreasing bone density.

Glucocorticoids (GC) are used as medications that reduce pain and inflammation symptoms in rheumatological/traumatological, allergic/immune, respiratory, oncological and endocrine diseases. Among the adverse effects are: fluid retention with the appearance of edema, alteration of the proper functioning of the adrenal glands with an increase in cortisol, causing an increased risk of cardiovascular diseases, high blood pressure, hypercholesterolemia, hypertriglyceridemia, osteoporosis/fractures, , obesity and hyperglycemia/diabetes, among others. Glucocorticoids (GC) reduce bone mineral density by increasing the activity of osteoclasts and decreasing the activity of osteoblasts and osteocytes.

GCs inhibit the synthesis of osteoprotegerin and interferon-beta, both inhibitors of osteoclastogenesis. As a result, a strong suppression of bone formation and the anabolic function of osteoblasts.

www.sciencedirect.com/science/article/abs/pii/S8756328201004227 (2001).---- www.jci.org/.../28084 (2007).----- www.sciencedirect.com/science/article/abs/pii/S1521694222000523 (2022).---- www.frontiersin.org/.../full (2022).---- www.mdpi.com/.../8558 (2023).----

Posted On 05/03/2024

Guillermou

Compared to people who do not have osteoporosis, those with osteoporosis have a higher incidence of depression. People with depression are more likely to also have osteoporosis (OR: 1.60). In subgroup analysis, there was a higher relative probability of osteoporosis in men (OR: 2.47), people between 50 and 65 years old have a higher risk (OR: 2.16), high BMI (OR: 1.67), taking prednisone or cortisone (OR: 2.92). Therefore, doctors should pay attention to middle-aged osteoporosis and elderly people with depression. www.researchsquare.com/.../v1 (2023) If you want to reduce cortisol levels and improve bone health, here are some simple lifestyle changes that go a long way: -----1) Get about eight hours of sleep per night.

Prevent chronic stress by setting healthy boundaries, employing time management techniques, and maintaining a work-life balance. -----2) Engage in stress management techniques such as deep breathing, meditation, and guided imagery. -----3) Optimize levels of vitamin D, K2, K1, and relationships between magnesium, calcium and phosphorus and potassium intake. -----4) Engage in regular exercise. Cardiovascular exercise will help you control stress and depression, maintain heart health; Weight training helps build healthy bones.

Posted On 05/03/2024

Dordee

Drs medicines only address the symptoms, not the cause! Learned that a long time ago! Unless you learn the cause and take care of it, the disease continues and symptoms get worse. Many I know who opted for pills, surgery had relief for about 5 years. One neighbor now is back to walking with 2 canes, hardly ever leaves her house, cannot go up and down steps. I still drive, go wherever I want although I do watch where I put my feet. I tend to get in a hurry a lot. 2 falls taught me to watch where I was going plus I live in the woods on a rocky bluff, lots of copperheads, rattlers, pays to watch where you are walking. Eating the right foods, collagen and making myself get up and move are my cures.

Posted On 05/03/2024

ray8942

Moreover, low COMT enzyme leads to high cortisol levels, which makes the body acidic. To counteract the acidity, Calcium is taken from the bones. So, whether it is otherwise chronic stress or due to low COMT, the result is the same: high stress levels with cortisol, thus osteoporosis.

Posted On 05/03/2024

Dordee

OH BOY, DID YOU HIT THE NAIL ON THE HEAD! When i hear ads for arthritis meds, I PAY ATTENTION ESPECIALLY TO SIDE EFFECTS! Dr says they only occur in 1 in 1000 patients, but what if I am that one?? I have had lymphoma due to RoundUp in 2000, chemo did no good, organic, prayer and no sugar, processed foods cured me in 1 year. Been in remission since 2001 after diagnosis of 3 months, go home and plan funeral. None of the other listed side effects are too good either, heart attack, stroke, etc. If i am going to die, how and with what disease will be my decision, not drs and big pharma! Since 2000, I eat organic as possible, no sugar, pills. I even stopped heart medicines and diabetes meds and since then blood sugar, pressure, cholesterol remains stable, Berberine takes care of the blood sugar.

I did have a couple of falls, broke first left arm, then right wrist until I realized I needed to go slower and look where I put my feet, I am 83 after all, not 35. No more falls, just consequences of those falls to deal with. I take collagen daily in my morning smoothie and now also give it to my 2 senior rescue cats. Other than vitamins, berberine, collagen, I take no pills. Bones have improved and if I pay attention to what my body is telling me, doing fine for my age. Knees were bugging me, so instead of surgery, got stem cell injections, walked out of the drs office, no cane, climbed up into my big Astro van, drove home 45 miles.

Of course I used the dr my eye dr had gone to 4 years prior to that and he still loved his "new" knees. No vaccines since 2000, use common sense, no Covid, shingles, whooping cough, any other virus infection. Had shingles 2 times while still working, stress on the job triggered it. Designing, building and furnishing homes over 1 million does that to you. did not go to hospital, worked every day and driving 90 miles a day. Drs, big pharma do not have the answers and are in it for the money, not the good of the patient!

Posted On 05/03/2024

An excellent blueprint to the Pill Mill Treadmill based on maximum profit. Offer a solution to a problem giving other problems to wash, rinse and repeat. Never addressing the core issue causing the problem, just dampen it down at best, then add others. It's throughout the whole system. Chemical, Industrial Farming. Increase the Quantity Produced by adding chemicals destroying soil life and they release compounds so when those are burnt out, the loss of Quality begins. Then pests, Dis-ease sets in and now more chemicals are sold. This also sets a stage to engage in the Pill Mill Funnel described in article.

This set up is found all through our current systems with the main focus on Profit\$, Power & Control only and blocking Real, Solid answers or solutions preventing, actually improving conditions. If a Real Deal is to emerge, We, the People, have to build it as best we can with any eye on how to keep money as a useful tool, while building actual healthy solutions strengthening Physical, Mental, Emotional, Spiritual, Social. If we don't build it ourselves, the Same old Same 1% will build it for us. Actually, more so, build it for themselves with little of us in mind.

Posted On 05/03/2024

Guillermou

Well said Just, there is a blind faith in allopathic medicine forced to be funded by taxpayers, produced by pharmaceutical companies associated with government institutions, who are making hundreds of billions in shared profits. They are playing at being gods of the medicine of the disease. The support is the pharmaceutical mafia and the corruption of the institutions, linked to Big Pharma. The basis on which medical health is now based is absent from the logic of strengthening the immune system with the support of traditional medicines.

We cannot allow technology to dominate the existence of human beings, we are biology and we must respect our immunological integrity in order to defeat diseases and not degenerate the human race. . Man was created to fully respect his humanity. The US Food and Drug Administration (FDA) approved 37 drugs and medical products in 2022 based on little anecdotal evidence. Surprisingly, 24 of the new drugs (65 percent) were approved based on a single study. Only four of the new drugs included more than three studies to support their approval.

This revelation was published on August 8, 2023 in the Journal of the American Medical Association Network Open (JAMA). The Act not only provided half a billion taxpayer dollars over nine years to facilitate corruption at the FDA, but also provided an additional \$6.3 billion to the National Institutes of Health to accelerate research at American universities. The law had the support of more than 1,455 pharmaceutical and university lobbyists.

Posted On 05/03/2024

Guillermou

The deterioration of the FDA can be better understood by looking at drug approvals from just six years ago. In 2016, 20 percent of medical products were approved based on a single study and 55 percent were approved based on three or more studies. In 2022, 65 percent were approved based on a single study and 11 percent were approved with three or more studies supporting them. Sasha Latypova, a retired pharmaceutical industry executive, said the quality and rigor of regulatory review and approval of new drugs has deteriorated over time. www.theepochtimes.com/health/fda-approved-65-percent-of-new-drugs-in-2.. (09/09/2023) Enviar c

Posted On 05/03/2024

juststeve

Right Gui, Blind Faith because so many have been blinded with clever manipulations.

Posted On 05/03/2024

jenniferny

In the world as it exists today, the Medical Industry has nothing to do with preventing, healing or curing disease. In the world as it exists today, the Medical Industry is all about profit and increasing the number of patients. They accomplish this by keeping people alive, but sick, to further increase the profits of the Medical and Pharmaceutical industries and increase the number of patients. In the world as it exists today, the Medical Industry shuns preventative medicine, because preventative medicine decreases the number of potential patients and reduces the profits of the Medical Industry and pharmaceutical industries!!

Posted On 05/03/2024

Dordee

AND LET US NOT FORGET INSURANCE COMPANIES!

Posted On 05/03/2024

Cabochoh

"Bisphosphonates disrupt the body's natural bone-building process, resulting in the preservation of "old bone" rather than promoting healthy bone formation." Osteoblasts and Osteoclasts are like a credit and debit bank account. To keep it in balance you mustn't take out more than you put in. Osteoblasts are the credit balance, building up bone, while osteoclasts break it down. The main credits are hormones, mineral deposits, exercise, nutrients and gravity. The debits are menopause, family history, poor digestion, hypochlorydia, poor diet, alcoholism, thyroid issues, smoking, immobility. Biphosphonates such as Fosamax work by building up rather than breaking down bone but increasing density alone with drugs does not necessarily prevent fractures.

Maintaining bone health without drugs is about movement, weight bearing exercise, walking. A diet of organically grown fresh foods, pasture fed animal foods, green veg and a few prunes every day. Prunes are a good source of boron, an important trace mineral. Avoid glyphosate, fluoride, phosphates, mercury as well as the five S's: sodas, sugars, stress, screens and smoking. Ensure the three essentials: sleep, sunlight, stomach acid. Betaine HCL with protein meals helps ensure good digestion and uptake of minerals.

Posted On 05/03/2024

Suspect you are gonna enjoy this story, fact or fiction? Yes, had found a supplement early on including boron, strontium, manganese, hops and more, along the lines of Dr Jonathan Wrights' suggestions for bone health years ago. Breezed through my first and only DEXA, only to learn a few years later it was not interpreted quite right. Actually had signs in both hips. My sights were on more important stuff at the time. Reading some of Ray Peat's info as interpreted for hypothyroid and Hashi's, turns out US doctors pre-1970 or 75 used to give women over a certain age, small doses of natural thyroid.

Why? because they found it assisted aging process by replacing diminishing or lost hormones. Appears this preventive assistance stopped once health care became more medically- or insurance-standardized. Nice, huh? Later on, Ray Peat wrote or said in an interview that people, mostly women, with low or simply slowed thyroid conditions have a difficult time holding on to calcium AND magnesium, these minerals tend to be flushed out of the body too quickly.

Sorry, he may have mentioned the mechanism, not sure if this is related to low aldosterone in the kidneys or not (nevermind blood pH tends towards acidic unless careful to balance it). Looks like key aging tidbits got lost 50 or 60 years ago. These puzzle pieces were picked up as I was racing through to find my own concerns; however, can you hear a collective scream? Women are fracturing hips and ankles at ever increasing rates...Would be nice for someone with a more discerning eye to confirm this story is so.

Posted On 05/03/2024

Cabochon

Thyroid is a huge issue in bone remodelling, rrealrose. Why else would osteoblasts have TSH receptors in them? Too much or too little TSH is not good news for bone. Then the conversion of T4 to the T3 active form is relevant too. Balance in osteoblast and osteoclast function is key. Thanks for your story which far from being anecdotal helps confirm the role of major hormones in bone health. It makes sense when you think about it, as these big controllers determine the rate of uptake and loss of minerals essential for osteoblast and osteoclast balance. The worst is Hashimoto's which can veer between hypo-and hyper states but on the whole is auto-immune hypothyroidism in the long term.

Which leads on to other aspect of bone mass, dissolving our illusion of bone mass as static and unalterable, when in fact it is a highly complex endocrine organ under the influence of major hormones such as leptin and insulin. I wondered why Dr M recently mentioned the role of osteocalcin in bone health. Turns out it has an important role in glucose metabolism and insulin. The days of compartmentalisation of the bodily organs medicine are surely over:

www.ncbi.nlm.nih.gov/.../PMC6335246 "Fat in bone marrow may also promote bone resorption since marrow adipocytes, much like fat cells elsewhere, secrete inflammatory cytokines capable of recruiting osteoclasts" www.ncbi.nlm.nih.gov/.../PMC4779997 " Increased bone marrow adiposity (BMA) is associated with lower bone mineral density and increased skeletal fragility, for example in osteoporosis, ageing and oestrogen deficiency" www.ncbi.nlm.nih.gov/.../PMC4779997
www.endocrinology.org/endocrinologist/126-winter17/features/why-are-ou..

Posted On 05/03/2024

Dordee

Love my prunes! Drs say when constipated take Miralax, I eat a couple of prunes and no more problem. As most here, a good healthy diet is the key and keeping active. Somewhere Dr. Mercola said if you sit a lot, at least every half hour, get up. walk around your chair at least. Best advice ever.

Posted On 05/03/2024

David48

Thanks, Cabochon. Quite a helpful post. Regarding beneficial foods to eat, which are "nutrient dense" in good trace minerals necessary for optimal bone health, what do you think of: 1) beef organ supplements (such as Heart & Spleen, Liver, etc.), and 2) a high quality Spirulina supplement (a company whose name I could give, but might prefer to do so in a 'private message' versus a public post) that purports to be mineral rich -- in various desirable trace minerals that are hard to get from other food sources in any sort of meaningful amounts.

Any other ideas, of readily available food sources / food supplements, etc. which could provide a good amount of bone-healthy building materials? I'm already taking a marine collagen, with Type 1 and III collagen. However, if there is a good "beef knee-joint" based Collagen product (i.e., a supplement, readily available for purchase, and convenient consumption), ... or an exceptionally good stand-alone Collagen Type 2 supplement, I'd be open to adding them to my routine also. Do you have any ideas or advice on this one? Thanks.

Posted On 05/04/2024

Pjmol75

This is a great article! I suffered a compression fx of T12 (which I injured as a very young child) 5 years ago. I am such a healthy person, even my doctor could not believe it. But, I believe it was the result of Coca Cola (with whiskey), and being an extremely scrawny, post-menopausal woman. Anyway, DEXA showed osteoporosis. So, I opted out of the Bisphosphonates and chose dropping the cola and adding collagen, boron, D3, K, etc., along with exercising again. In one year my DEXA showed osteopenia. I have not had another scan since because I felt I did not need them since I was strengthening my bones on my own. And I never had any depression, etc. Hardly ever even get a cold. Not bad for an almost 70 yo.

Posted On 05/03/2024

Dordee

Great news! You dropped the sugar in soda, started listening to your body. Keep up the good work. I am now going on 84, can still climb up into my Astro van, drive. People ask me why not get a newer, smaller car, but when I can no longer get into the van, time to stop going, doing. Dr surprised that I have improved my blood pressure, chlosteral, blood sugar with no pills.

Posted On 05/03/2024

Alldogsgotoheaven

What a great article and also how sad that a doctor has to remain anonymous because he is telling the truth. It is shocking how many people are totally blind to all of this. One has to wonder why more doctors did not question why scanning machines were given to them by pharmaceutical companies --- or did they?

Posted On 05/03/2024

Dordee

Goes back to where they trained to be a dr. Medical shoools are funded by big pharma, etc., so they teach what pharma wants them to. My grandma lived to 93, doen on her knees scrubbing the floor 2 months before she died because you just can't get them clean unless you scrub them. I am now 83 going on 84, dr says I should last a good 10 years more at least. I go once a year to satisfy the insurance requirements, no meds, just common sense, herbs, vitamins, minerals. Only problem is, not sure I want to live in a world that will be here in 10 years.. I have made my peace with God, ready and waiting for His call.

Posted On 05/03/2024

DumberFarmer

The trifecta of boron silica and collagen cannot be overlooked in regards bone health supplementation with Silica in the form of opal diatomaceous earth is crucial towards building a strong skeleton Supplementation with boron will help prevent osteoporosis and arthritis Supplementation with collagen gives the elasticity which was mentioned in the article Once again, humic and Fulvic acid helps ensure that toxins in our environment don't interrupt the process Why these are not included as standard protocol is beyond me as they also support And our crucial for heart and brain health I personally take all of these on a daily basis and have noticed the benefits

Posted On 05/03/2024

Dordee

Drs, pharma and insurance companies would not make money if we all did this!

Posted On 05/03/2024

diane....

I have gout so I take egg shell membrane and strontium for my bones. The doctor wants to replace my hip but I am afraid to even enter a hospital.

Posted On 05/03/2024

Dordee

Everyone I know who had knee or hip replacement is now back to where they started. The only time I go to the hospital is in a dire emergency!

Posted On 05/03/2024

Dursie

I am a layman but through necessity have researched available data on bone density for my wife's sake. Several years ago my wife was told she was osteopaenic and from bone scans was losing about 5% bone density per annum. Through reading alternative medical reports (Fozamax was not an option because of published side effects) I came across a recommendation to take Strontium Citrate which my wife did and her Radiologist wanted to know how she had gained 15% bone density since the last scan. My wife reported the Strontium Citrate which seemed to surprise her doctor.

The doctor said the gains were too quick and that she recommended taking the suppliment every 3rd day. This seems to be working as my wife's scans shows she is holding a constant bone density for the past 15 years. In 2017 I had a second pulmonary embolism (I run or cycle every day, and in excellent health) the first in 2015 after a spinal fusion and lying immobile for 4 weeks, the second occurrence probably caused by ageing (67) and sitting for 4 hours on a plane flight. I was referred to a cardiologist who has put me on Warferin. Warferin causes calcification of the arteries and my doctor arranged for me to have an MRI to see the extent of calcification.

This showed minor calcification in the region of the aorta. To counter this my research indicated that calcification can be reversed by taking vitamin K2,7 with D3 which it says acts as a hormone in the body to remove calcification from arteries and deposit it on the bones. It further said that all men and women should be on K2,7 from age 50 to aid good bone density. I would really appreciate comment from a doctor knowledgeable in the above.

Posted On 05/03/2024

rrealrose

Most miss the recommended amount is for daily maintenance only, higher doses may work well for calcification issues.

Posted On 05/03/2024

Dordee

Not a dr but it makes sense to me. Since onset of Covid, Dr. Mercola said up C,D, K and Zinc to support immune system. I now long er tske any meds for heart, they said I had to since aortic valve replaced and pacemaker installed. This happened before I learned the truth, took their meds. No more meds dor diabetes, take Berberiene. Taking this for a year now, chlosteral, presure, etc. all in great shape and sugar has dropped to normal. Sometimes it takes experience to teach us what we need.

Posted On 05/03/2024

pjucla

Such a scam all of it .

Posted On 05/03/2024

pepsi214

As a past sufferer of a parathyroid adenoma, and now hopefully cured, I can tell you that in the U.K. getting a diagnosis and effective treatment of this condition is a long, fighting battle. Patients are constantly fobbed off by doctors and endocrinologists, made to "wait and see", given calcium lowering drugs and told their symptoms aren't related to the condition. I was lucky that my G.P. referred me immediately, my endo referred me to the consultant after 6 months and the consultant operated 10 months later. Too many are left to suffer with this condition and prescribed medication to supposedly protect their bones and lower their calcium.

Posted On 05/03/2024

NichtBloed

I was prescribed Fosomax after being diagnosed with osteoporosis. Drug did not work for me. Instead, I began to lose even more bone. My doctor was not happy when I told her I will discontinue use of Fosomax, but this is what I did. Began a strength-training exercise program. Much to my surprise, my bone density began to increase. Why is the drug industry forcing drugs on us that do not work and that may actually harm us?

Posted On 05/03/2024

dljc99

Thank you for this article which is very timely for me. I made an appointment for a dexa scan yesterday because I fell and fractured my hip and femur 3 months ago. My primal doctor lowered my armour thyroid as it was borderline high and he thinks that can cause bone loss. I have always been active and exercised regularly, walking, pilates etc. I am taking supplements and thinking of canceling dexa for now as I have had so many X-rays which show bone is growing around the 2 implanted rods. I am improving greatly.

Posted On 05/03/2024

amyfcook

Would love to see a follow up article on how naturally bone density can be improved. After back and hip replacement surgeries, my normal strengthening workouts decreased for a time during recovery. My bone density decreased and my Dr wanted me to go on Fosamax, which after researching, I refused. Instead I went on bio identical hormones (monitored carefully by my new functional medicine dr) and increased my weight bearing exercises. One year later, I was back within normal range.

Posted On 05/03/2024

Kitera

Sharyl Attkisson latest book "Follow the Science" should be an interesting read on this subject. Her last 2 book on manipulation were excellent.

Posted On 05/03/2024

jan1516

I'm on a personal mission, eager to see if it all helps. Retired recently, determined to improve my health due to sedentary work during my lifetime and osteopenia and osteoporosis diagnosis. I'm regularly doing Pilates, yoga, power walking, jogging and weight bearing exercises; added silicon, strontium and collagen to my comprehensive supplement regimen. Also, discovered and doing regular exercises at OsteoStrong (osteo loading) and Exercise Coach (amazing load bearing and resistance exercises). Sounds like a lot for my age, but I'm feeling very healthy and strong! Want to look more into balanced hormones. I'm determined to bypass the prescription drug path. Best of success to all of you who are trying the natural path too.

Posted On 05/03/2024

MannaFood

I think load bearing exercises build the bone strength. Also, I've noticed that overweight women rarely get osteoporosis. They usually get wear and tear of the joints though. Maybe the prescription should be that women should try lifting some weights.

Posted On 05/03/2024

Dordee

Instead of sitting, on the internet, watching tv! I have 3 rescue cats who keep me hopping, give me purpose. Live alone in the woods, mile from nearest neighbor, have to do things for myself, maybe that is one reason I am stil going at 83, going on 84.

Posted On 05/03/2024

tbran10

Women's Health Initiative (cost to taxpayers 30 million) run by NIH because George Bush was on the Lilly board was designed to discredit estrogen and jump start the push to have bisphosphonates be the drug of choice to stop osteoporosis. Another example how Big Pharma grows their 1/2 Trillion dollar annual income! Excellent article by Midwest Doc. Only if our Clowns in DC would listen to the truth we would be a healthier society!

Posted On 05/03/2024

Dordee

Just ignore the doctors and Washington, all politicians!

Posted On 05/03/2024

ac10920

realrose ,You are so right about natural thyroid..I have been taking Armour Thyroid for approx 30 years . Started at a small price but now I'm wondering if I can afford it much longer. Insurance won't pay and price is unbelievable now. Would like to find something over the counter to replace.

Posted On 05/03/2024

Dordee

Same old story, insurance will not cover anything that really heals, just creates even more illness! I had to pay for my stem cells for my knees , it is experimental they said. Just find a dr who has done the procedure like I did. My eye dr had both knees done 4 years before i did and still loved his new knees.

Posted On 05/03/2024

ms.libby

Boron optimization keeps bones strong, along with all the other commonsense protocols.

Posted On 05/03/2024

rrealrose

Found a link to this latest documentary by Gary Null produced in 2023, its not for the faint of heart: "Manufacturing Madness" - - odysee.com/@Qwinten:b/Manufacturing-Madness-A-Gary-Null-Production:d - - posted in late April, discussing SSRIs and other anti-depression drugs.

Posted On 05/03/2024

Dordee

Drs, people keep asking me if I am depressed because I am old, live by self. I have 3 rescue cats to care for, keep me busy and they are my nurses. When I start to have a pitty party, they all come running, when my sugar goes low, they woke me until I finally recognized the symptoms of low sugar and now keep a jar of organic peanut butter mixed with raw honey by my bed, if I get a bit wobbly while walking, they push me into the wall so I can lean on it. They sense illness, depression better than humans. Plus, if God and I can't deal with it, time to give up. Pitty parties are ok, just do not let them last! Find a good friend, have a talk with God.

Posted On 05/03/2024

moonchild3

I was just diagnosed with osteoporosis and arthritis in my right foot. I believe this is the result from a fall in 2013. I fractured my foot in three places and tore a ligament. The doctor didn't prescribe anything which is a good thing because I wouldn't have taken it. I don't think there's anything that I can do about it. Besides I am well over 70, although my foot is becoming more sore. Such is life.

Posted On 05/03/2024

DrLizbeth

I have had dx of osteoporosis (-2.5 T score or worse) treated with bisphosphonates 2004-20014--longer than recommended. Took a "holiday." Had no real "stress insufficiency fractures" prior to or during treatment nor any side effects from the drugs but I did improve to "osteopenic" levels of better than -2.5 T score. Underwent spinal surgery 2018 for nerve root compression which was about a year of downtime because couldn't function much due to pain. Had PT, then started muscle strengthening work-outs in the gym in 2020. Walking/running exercise difficult to sustain due to Spinal DDD/DJD discomfort. In 2021 DEXA still showed osteopenia.

In 12/2022 I had a mild fall with wrist fracture and bilateral sacral insufficiency fractures with horrific pain and loss of independence over 6-8 weeks of healing, then while doing PT, I suffered another pair of insufficiency fractures of the pubic bones w/o any precipitating trauma. First started Prolia then switched after one 6-month dose to Tymlos (anabolic, increases osteoblasts). My pro-collagen blood level increased from 74 to 178 ng/ after about 6 months. What upsets me the most is that DEXA is worthless first of all for my vertebral spine since I have DJD/DDD of the spine with osteophytes and a spontaneous fusion of two vertebral bodies due to DDD.

But, there is no DEXA scanning of the pelvis so I had no clue about the status of bone density health in that region. I don't see any studies being done of the pelvic bones by REMS either. Osteopenia, which virtually every woman my age has, doesn't mean you won't have stress insufficiency fractures, it just means the chances are less compared to dx of osteoporosis with a T score of -2.5 or worse. I took all the recommended supplements and even tried to do regular exercise but that didn't help. It's easy to decry Big Pharma (Tymlos co-pay is expensive) until you're disabled by Fx pain. Tymlos Rx is limited to 2 years.

Posted On 05/03/2024
