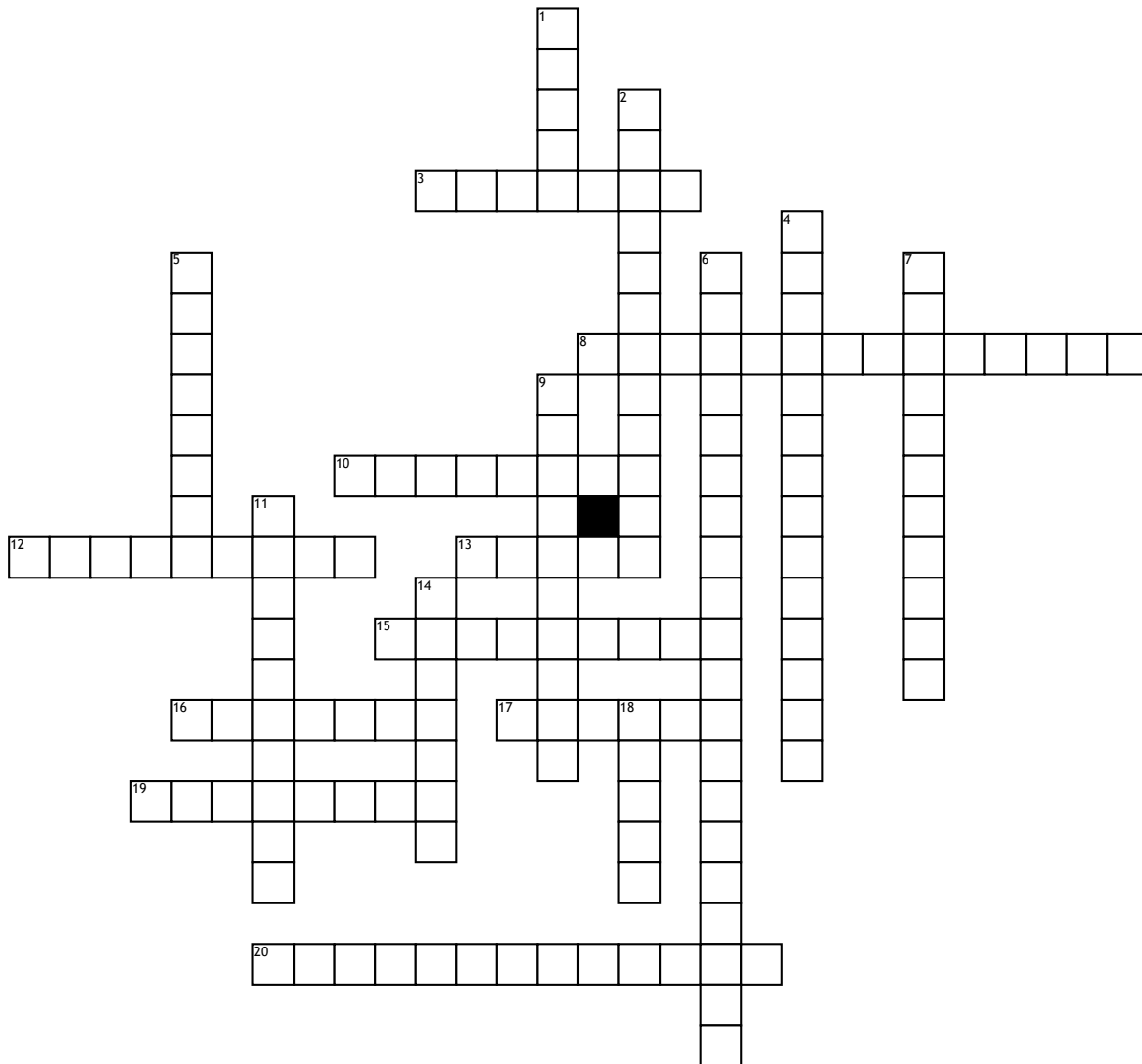


# Osteoporosis



## Across

3. Osteoporosis is characterized by the loss of bone mass and \_\_\_\_\_.
8. The occurrence of osteoporosis is higher in \_\_\_\_\_ women - with low levels of estrogen.
10. \_\_\_\_\_ and scoliosis are characteristic of osteoporosis.
12. A \_\_\_\_\_ lifestyle may put individuals at a predispose for osteoporosis.
13. There are two \_\_\_\_\_ of osteoporosis: primary and secondary.
15. \_\_\_\_\_ occur often when osteoporosis takes place in the spine, pelvis, and wrists.
16. Decreased intake of \_\_\_\_\_, vitamin D & C contribute to osteoporosis.

17. Bones often become brittle and \_\_\_\_\_.

19. Secondary osteoporosis may occur as a complication from another \_\_\_\_\_.

20. Walking and \_\_\_\_\_ exercises help prevent osteoporosis.

## Down

1. Osteoporosis can be diagnosed by bone density \_\_\_\_\_ and x-rays.
2. \_\_\_\_\_ is a common metabolic bone disorder.
4. The loss of bone mass and density is combined with loss of bone matrix and \_\_\_\_\_.
5. Decreased levels of \_\_\_\_\_ and testosterone may cause osteoporosis to occur.

6. \_\_\_\_\_ factors, such as hyperparathyroidism and Cushing's Syndrome, may put individuals at a predispose for \_\_\_\_\_.
7. Dietary \_\_\_\_\_ of calcium, vitamin D or protein may help with osteoporosis.
9. Osteoporosis may occur as bone \_\_\_\_\_ exceeds bone formation.
11. Osteoporosis affect bones containing higher proportions of \_\_\_\_\_ bone.
14. The cause of \_\_\_\_\_ osteoporosis may be idiopathic.
18. Osteoporosis is common in \_\_\_\_\_ adults.