

تم تحميل هذا الملف من موقع المناهج الإماراتية



*للحصول على أوراق عمل لجميع الصفوف وجميع المواد اضغط هنا

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* للحصول على أوراق عمل لجميع مواد الصف الثاني عشر اضغط هنا

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* للحصول على جميع أوراق الصف الثاني عشر في مادة علوم صحية ولجميع الفصول, اضغط هنا

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* لتحميل كتب جميع المواد في جميع الفصول للـ الصف الثاني عشر اضغط هنا

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للتحدث إلى بوت المناهج على تلغرام: اضغط هنا

https://t.me/almanahj_bot

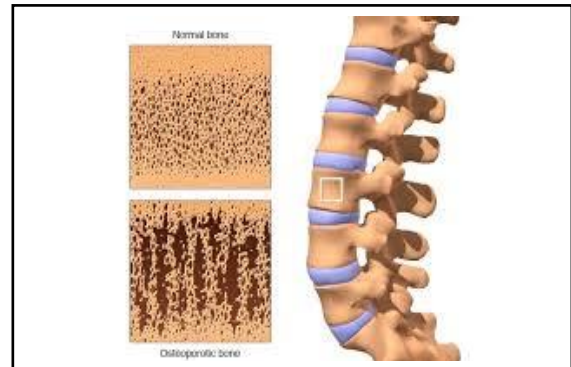
Osteoporosis

What is osteoporosis?

Is a condition where the bones become weak and brittle

How can it happen?

Bones become weak and brittle



Who is most at risk?

Being broken down and replaced

Calcium:

Important for bone health:

Help reduce the chances of developing osteoporosis

Source 1:

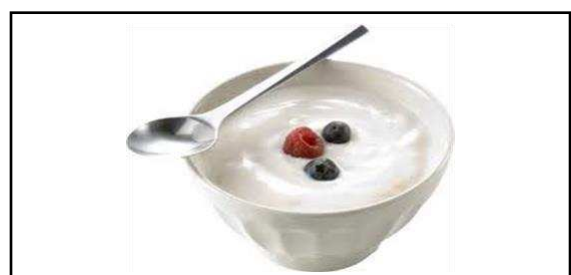
Milk

Source 2:

Yoghurt

Source 3:

Cheese



Vitamin D:

Important for bone health:

It helps our bodies absorb calcium.

Source 1:

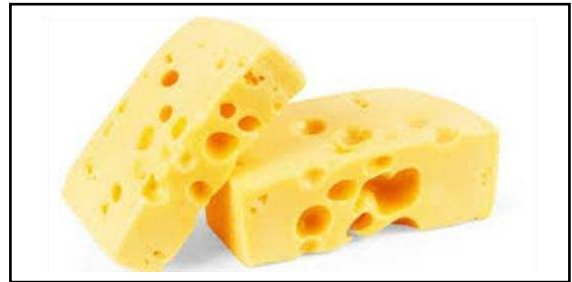
Egg yolks

Source 2:

Cheese

Source 3:

Oily fish like tuna

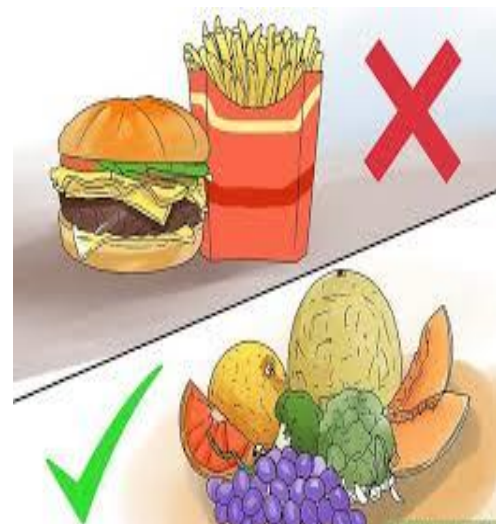


Food to avoid:

Food 1:



Food 2:



Who is the most at risk

Who is the most at risk of developing osteoporosis :

- Advanced age, those over 65 years of age are at particular risk.
- Family and personal history , women are at much greater risk, losing bone more rapidly than men due to menopause. However, men are also at risk and constitute 20% of the patient population with osteoporosis.
- Race, Caucasian and Asian women are at increased risk.
- Body type, at greater risk are small-boned women who weigh less than 127 pounds.



Avoid this

Foods that a person with osteoporosis should avoid :

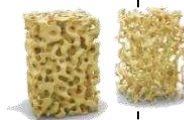
- Salty foods.
- Caffeine.
- Soft drinks.
- Potato chips.
- Pro-inflammatory fats.
- Alcohol.
- Non-Organic Fruits and Veggies.



Osteoporosis

What is osteoporosis :

- A condition that weakens bones, making them fragile and more likely to break .



How can osteoporosis happens :

- It occurs when bones lose minerals such as calcium more quickly than the body can replace them. They become less dense, lose strength and break more easily .

Patient with osteoporosis

Calcium

Why is the calcium important for bone health :

- It plays an important role in muscle contraction, transmitting messages through the nerves, and the release of hormones . It helps to build strong bones and teeth, regulating muscle contractions, including your heartbeat, and making sure blood clots normally .



Sources of calcium :

- Milk, cheese and other dairy foods.
- Soya beans.
- Nuts.
- Bread and anything made with fortified flour.
- Sardines and pilchards.



Vitamin D

Why is vitamin D important for bone health :

- It keeps your bones strong by helping your body absorb calcium and phosphorus, key minerals for bone health. Your muscles use it to move, and nerves need it to carry messages throughout your body.

Sources of Vitamin D :

- Oily fish.
- Mushrooms.
- Egg yolk.
- Fortified foods.

