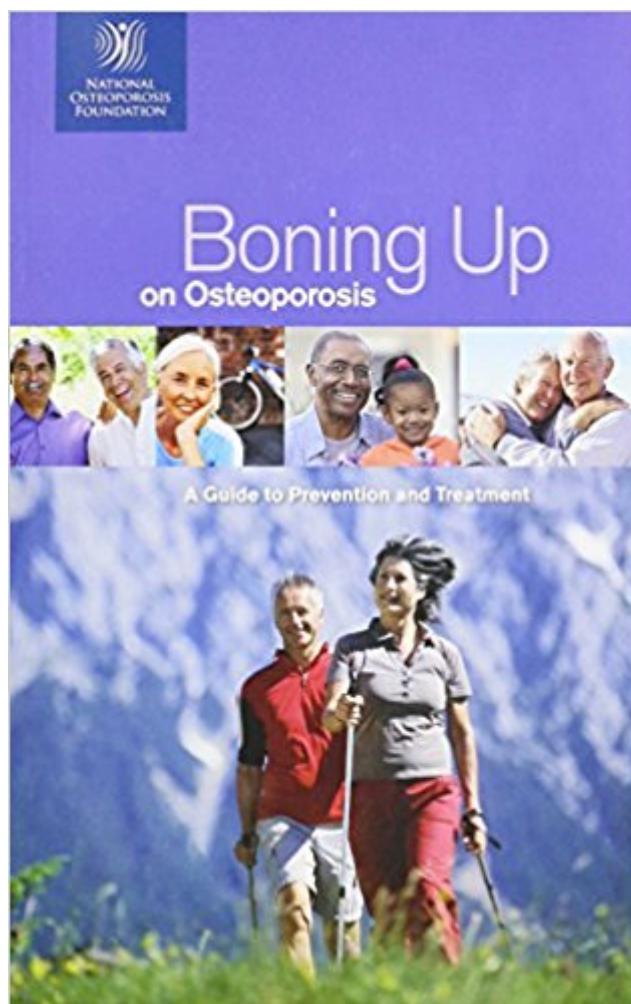


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# Boning Up On Osteoporosis: A Guide To Prevention And Treatment



## **Synopsis**

Newly revised 100+ page patient care handbook offers the most up-to-date information on the prevention, diagnosis and treatment of osteoporosis. This reader friendly publication also includes detailed nutrition information and exercise instructions for people with low bone mineral density and osteoporosis. This four color publication contains many illustrations and graphics. It is also available in Spanish.

## **Book Information**

Paperback: 102 pages

Publisher: National Osteoporosis Foundati (2008)

Language: English

ISBN-10: 0979898943

ISBN-13: 978-0979898945

Package Dimensions: 8.2 x 5.3 x 0.3 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 4.8 out of 5 stars 7 customer reviews

Best Sellers Rank: #1,377,000 in Books (See Top 100 in Books) #102 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis

## **Customer Reviews**

Newly revised 100+ page patient care handbook offers the most up-to-date information on the prevention, diagnosis and treatment of osteoporosis. This reader friendly publication also includes detailed nutrition information and exercise instructions for people with low bone mineral density and osteoporosis. This four color publication contains many illustrations and graphics. It is also available in Spanish.

This book has great information for those suffering from Osteo. Also some really great exercises. They don't require any special equipment except a place to sit down or lean on. A chair works great for both.

This guide is very easy to read. Explanations are in plain English. I had a much better understanding of osteoporosis after reading this guide.

**VERY HELPFUL INFORMATION**

It was most helpful!

This must be one of the most complete and resource-rich book on osteoporosis ever! I received my copy from the NOF (National Osteoarthritis Foundation) website's online store for only \$5 and I have ordered several copies for my relatives. All the very best!

This booklet pulls together all of the relevant, up to date and scientifically-based information on managing osteoporosis into one concise, easy to read piece. This is a must for all people who have osteoporosis, but it is also very useful for people who are at risk for osteoporosis or who are caring for a relative with osteoporosis. The National Osteoporosis Foundation is a respected and recognized leader in this field and the information can be trusted. As a nurse practitioner, I recommend it to my patients who need this information to be better informed on this subject.

While I don't have osteoporosis, my grandmother and mother have battled this disease. I found this to be an excellent resource for myself and my family members! It is easy to read and provides excellent information on risk factors, diet, exercise, screenings, preventing falls and so much more. I highly recommend this publication to everyone!

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