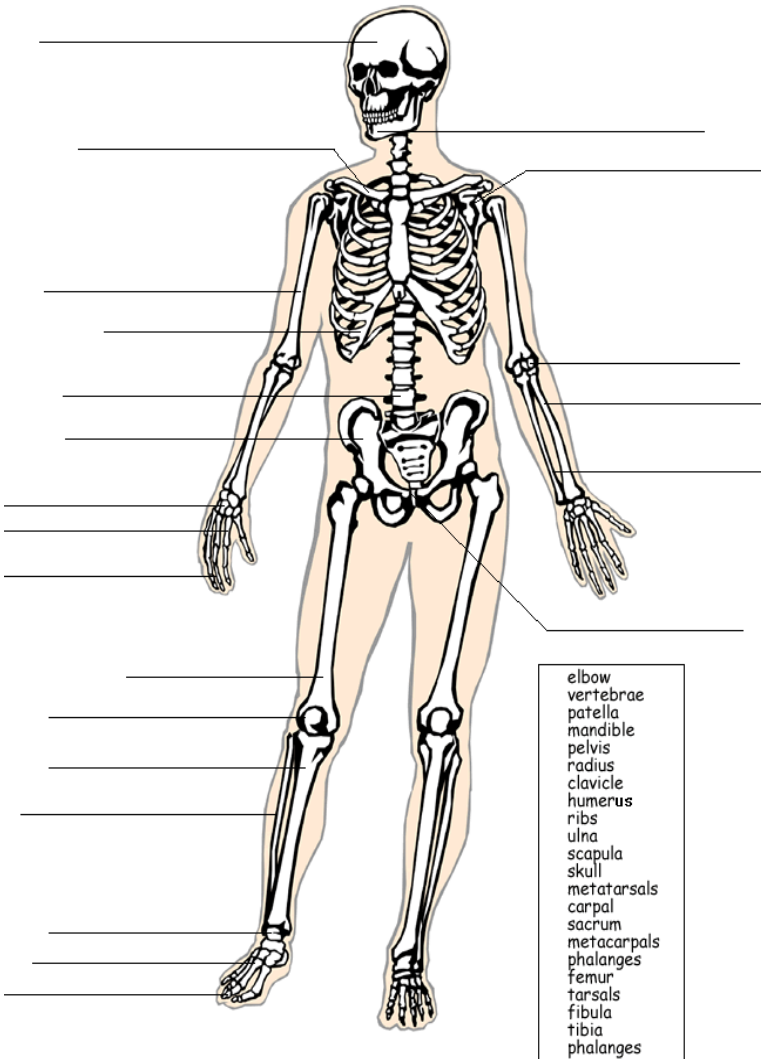


OSTEOPOROSIS

Label the Skeleton



Answer the questions:

- How many vertebrae make up the spine?
- What do the ribs protect?
- In which part of the body can you find femur?
- How many tarsal bones are there in each foot?
- What is a common name for Mandible?
- What is the biggest and strongest bone in the skeleton?

Describe the shape of bones:

(long/short/sesamoid/flat/irregular/triangular)

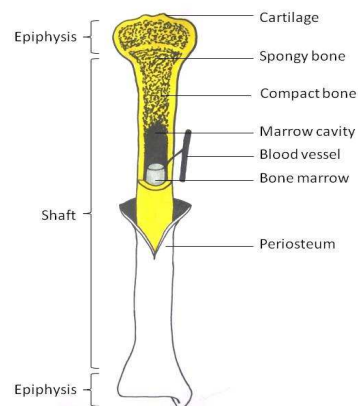
- Sternum
- Mandible
- Carpals
- Sacrum
- Humerus

Complete the table with missing name of a bone

Common name	Medical name
kneecap	
	clavicle
	phalanges
breastbone	
Palm bones	

http://www.homeschoolhelperonline.com/worksheets/skeleton_label.shtml

1. The **head** of each end of a long bone covered with hyaline cartilage and consisting largely of **spongy bone** is
2. long part of a bone composed of hard compact bone on the outside
3. The delicate connective tissue layer lining the inside surface of compact bone.....
4. This is filled with **yellow marrow** which consists largely of **fat**.....
5. *Osteoclast/osteoblast* are cells that break down bone



<http://cnx.org/content/m43146/latest>

Read the text and answer the questions

Osteoporosis is a condition that affects the bones, causing them to become weak and fragile and more likely to break (fracture).

In childhood, bones grow and repair very quickly, but this process slows as you get older. Bones stop growing in length between the ages of 16 and 18, but continue to increase in density until you are in your late 20s. From about the age of 35, you gradually lose bone density. This is a normal part of ageing, but for some people it can lead to osteoporosis and an increased risk of fractures. Other things that increase the risk of developing osteoporosis include: a family history of osteoporosis, long-term use of certain medications that affect bone strength or hormone levels, malabsorption problems, heavy drinking and smoking. Osteoporosis is commonly associated with post-menopausal women, but it can also affect men, younger women and children. There are often no warning signs for osteoporosis until someone experiences a fracture, often after a minor fall. The most common injuries in people with osteoporosis are wrist fractures, hip fractures or fractures of the spinal bones (vertebrae). If your doctor suspects you have osteoporosis, or are at high risk of developing the condition, you may be referred for a bone density scan (DEXA scan). Treatment for osteoporosis is based on treating and preventing fractures and using medication to strengthen your bones. It is important that people at risk of osteoporosis take steps to help keep bones healthy and reduce their risk of developing the condition. This may include: regular exercise, healthy eating, lifestyle changes such as quitting smoking and reducing alcohol intake.

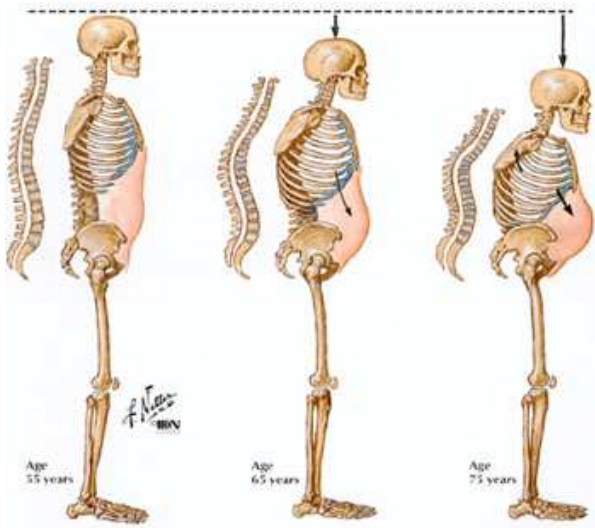
1. Till what age do bones increase only density?
2. What are the risk factors for osteoporosis? Who is in the risk group?
3. What is DEXA scan?
4. What is the treatment for osteoporosis?

Watch the video and answer the questions:

<http://www.youtube.com/watch?v=wTMT5g5YqWs>

1. Why is important to consult exercises with a doctor in case of osteoporosis?
2. How can you build up bone density?
3. Why does she recommend using chair for this exercise?
4. Describe the steps for this exercise
5. What body parts does this exercise affect?
6. How long should you exercise like this?

Describe the image below:



<http://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=34&ContentID=26578-1>

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