Osteoporosis and Obesity

What is Osteoporosis?
- It is a disease where the density and quality of your bones is reduced. The bones become fragile and porous, causing the risk of fractures and breaks to increase dramatically.

Body weight and Risks
- “The association between body weight and fracture risk is complex. Some potential explanations that link obesity with increased fracture risk may be the pattern of falls and impaired mobility in obese individuals, diabetes and early menopause, as well as, increased parathyroid hormone and reduced 25-hydroxy-vitamin D concentrations.” (V. Mpalaris, P. Anagnostis, D. G. Goulis and I. Iakovou)
- In this study, they concluded that fractures and body weight is a complex matter and there are a lot of different things that play a role. Their study showed that osteoporosis may play a big role in fractures in the older population.

Is it helping or hurting?
- The research between osteoporosis and obesity is often conflicting. Some believe obesity may be a protective factor for osteoporosis because adipose tissue may help with both formation and resorption of bone.
- But several recent studies suggest otherwise. “Increasing evidence seems to indicate that different components such as myokines, adipokines and growth factors, released by both fat and muscle tissues, could play a key role in the regulation of skeletal health and in low bone mineral density and, thus, in osteoporosis development.” (Migliac S, Greco EA, Wannenes F, Donini LM, Lenzi A.)

How can you prevent it?
- In conclusion, many recent studies have proven that obesity will increase your chances of having problems associated with osteoporosis. To help prevent further bone decay you should start or continue with a strength training program and take vitamin C and D supplements. Both of these will decrease your risk for fractures do to osteoporosis.