Osteoporosis Treatments for Old People

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Abstract

The prevalence of osteoporosis in old people is a serious healthcare problem globally. Specific therapeutics is required for meeting with high-quality osteoporosis treatments in the clinic. This editorial introduces new insights into medical intervention of old women and advances in drug developments.

Keywords: Osteoporosis; Drug Development; Clinical Diagnosis; Biology Medication

Introduction

The prevalence of osteoporosis in old people is a serious healthcare problem globally. Osteoporosis-induced bone-fracture and immobility has high possibility of human mortality [1-3]. Due to variability of osteoporosis prevention and treatments between old people and young adults [4], clinical interventions must more emphasize on the therapeutics of old people.

Major therapeutic problems

Major counteractive measure against bone health and osteoporosis progress are variable among different ages. Table 1 represents these differences [5-12].

<table>
<thead>
<tr>
<th>Patients ages</th>
<th>Physio-pathological characters</th>
<th>Major nutrition or therapies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teenage (12 - 18)</td>
<td>Nutritional-insufficient individuals</td>
<td>Mineral or food supports</td>
</tr>
<tr>
<td>Young adults (19 - 40)</td>
<td>Bone pain and vulnerable to attack</td>
<td>Sports/less sedentary</td>
</tr>
<tr>
<td>Middle-ages (41 - 65)</td>
<td>Bone pain and osteoporosis</td>
<td>Chemical drug or vitamin</td>
</tr>
<tr>
<td>Old people (66 - 85)</td>
<td>Serious osteoporosis/immobility</td>
<td>Bio-therapy + hormone + new therapeutics</td>
</tr>
</tbody>
</table>

Table 1: The different symptoms and therapeutics among varied patient ages.

New approaches

Osteoporosis treatments for old people is very difficult because they are refractory to almost all conventional medications. New ideas must be created to counteract these therapeutic limitations.

Different types of counteractive measures are suitable to different symptoms and patients-balancing between activity, toxicity and cost. This is an open question for further study. In future, many paradigm strategies must be emphasized; include:

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- Targets to co-morbidity [10].
- Precision and personalized medicine innovation [13,14].
- Better nursery work [15].
- New drug development [16-19].

Conclusion

Expanding clinical osteoporosis therapeutic know-how and cost-effective evaluation is important and indispensable. In summary, therapeutic selection and novel drug developments are key issues for continuing improvements of osteoporosis treatments. We will not miss our targets for therapeutic promotions against human osteoporosis in old people.

Bibliography


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