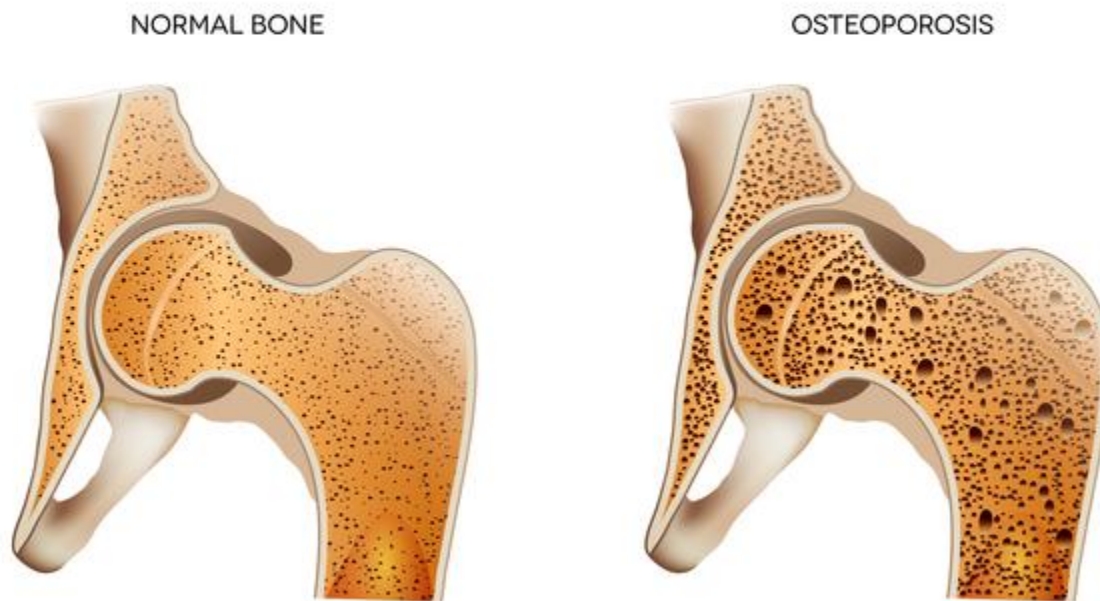


# Juvenile Osteoporosis - A comprehensive Guide

## OSTEOPOROSIS



Osteoporosis is a serious condition and it could become worse if not diagnosed timely. Actually, it is very difficult to assess whether the person is suffering from osteoporosis without timely diagnosis as it is a silent condition.

Osteoporosis reduces bone density by increasing the rate of bone loss than that of bone formation. With time, bones start becoming thinner & thinner while making them prone to getting fractured. Fractures could occur anywhere in osteoporotic people while one of the common locations being the hip joint. Sometimes, treatment of fractures might require surgery using [orthopedic implants](#)

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Most commonly, osteoporosis is known to affect the elderly but children can also develop this condition. Juvenile osteoporosis is the term given to this orthopedic condition when it occurs in children. Let us see more about this condition below.

## **Types of Juvenile Osteoporosis**

There are two common types of juvenile osteoporosis:

- Secondary Juvenile Osteoporosis
- Idiopathic Juvenile Osteoporosis

### **Secondary Juvenile Osteoporosis**

When osteoporosis occurs in children as a result of other diseases they have, the condition is known as secondary juvenile osteoporosis. This is one of the common causes of juvenile osteoporosis and the health conditions resulting in osteoporosis could be numerous. Sometimes juvenile osteoporosis could also occur due to long-term medicines the child is taking.

Below-mentioned are some of the underlying causes of juvenile osteoporosis:

- Cystic fibrosis
- Anorexia nervosa
- Hyperthyroidism
- Hyperparathyroidism
- Turner Syndrome
- Sickle cell anemia
- Homocystinuria

### **Idiopathic Juvenile Osteoporosis**

This is a rare condition in which the cause of osteoporosis in children remains unknown. One of the good things about idiopathic juvenile osteoporosis is that it does not require any treatment as the condition becomes better on its own with time.

## **Who is at Risk for Juvenile Osteoporosis?**

Here are certain conditions that make a child more prone to developing juvenile osteoporosis:

- Children who are on high doses of corticosteroids
- Family history of osteoporosis
- Sedentary lifestyle
- History of any chronic health condition

## Symptoms of Juvenile Osteoporosis

There might not be any obvious symptoms that may occur in the case of juvenile osteoporosis as the condition is generally first noticed when the fracture occurs. This is the reason why it is termed a "silent" condition. In certain cases of secondary osteoporosis, some symptoms that may be noticed include:

- Sunken chest
- Limp
- A hump of the spine
- Lower back pain
- Pain in hip and foot

## Diagnosis of Juvenile Osteoporosis

Diagnosis of this condition is often done by first knowing the medical history of the child along with the symptoms. The doctor may also ask family's health history while diagnosing the condition. Now, to confirm the condition, further tests may also be performed.

Bone density test is the most commonly performed test for the diagnosis of juvenile osteoporosis. It accurately defines the bone mineral content along with any changes that have occurred in the bone. Sometimes, x-rays may also be performed to examine the health of the bones. Besides this, the doctor may also suggest blood tests to measure calcium and potassium levels.

## The Treatment

Treatment in the case of juvenile osteoporosis will depend upon the type of and cause of the condition. Idiopathic juvenile osteoporosis is not known to require any treatment as it can heal on its own. Now, when it comes to secondary osteoporosis, the underlying cause will be treated. While on the other hand, if the cause is any medicine the child is taking, the doctor will either reduce the dose or change the drug.

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## Contact Information:

**Siora Surgicals Pvt. Ltd.**

**Address:** WZ- 1, 2nd Floor, Phool Bagh, RamPura New Delhi, India

**Mobile:** +(91)-9810021264

**Email:** [online@siora.net](mailto:online@siora.net)

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