**PATHOLOGY AND MICROBIOLOGY**

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**ANSWER#1**

**Physical therapy for women with osteoporosis;**

Weight bearing: can help to strengthen bones.

Balance exercise: helps to prevent falls.

Postural exercise:

Flexibility exercise etc.

It is estimated that 50% of women will get osteoporosis- related fracture in their remaining life.

It is caused mostly in female then in male.

In females the density of bone decreases

Bone gets porous and its nutrition gets low.

EXERCISES TO BE DONE;

Weight bearing exercises such as jogging etc

To improve balance ,to reduce falling risks

Exercises to build up strong bones.

Good proper body alignment to have good life activities,

**ANSWER#2;**

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| **Osteoporosis** | **Osteomyelitis** | **Osteomalacia** |
| **Weakening of bones** | **Inflammation of bones** | **Demineralization of the bones** |
| **Calcium level is normal** | **Normal level of calcium** | **Calcium level is low and normal as well.** |
| **Usually above 65 years women** | **Can also be caused in children** | **Its in adults** |
| **Caused by inactivity and decrease in hormone production.** | **Caused due to bacterial infections.** | **Caused by deficiency of Vitamin D** |
| **Treatment can be supplements and natural calcium diet.** | **Most common treatment is surgery ,to remove the infected portion of bones, which are infected or dead** | **Treatment can be injections of vitamin D** |