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Osteoporosis Treatments

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Abstract

The prevalence of osteoporosis in old people is a serious healthcare problem globally. This editorial introduces general medical intervention against human osteoporosis.

Keywords: *Osteoporosis; Drug development; Clinical diagnosis; Biology medication*

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Introduction

Osteoporosis-induced bone-fracture and immovability has high possibility of human mortality [1-3]. Variability of osteoporosis prevention and treatments between old people and young adults asks for different therapeutics in the clinic [4]. We wish that doctors and patients may do more for therapeutic variability.

Table 1 represents these differences [5-12];

Patients ages	Physio-pathological characters	Major nutrition or therapies
Teenage	Nutritional-insufficient individuals	Mineral or food supports
Young adults	Bone pain and vulnerable to attack	Sports/less sedentary
Middle-ages	Bone pain and osteoporosis	Chemical drug or vitamin
Old people	Serious osteoporosis/immobility	Bio-therapy + hormone + new therapeutics

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

Future Direction

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.

Targets to co-morbidity [10].

Precision and personalized medicine innovation [13-14]

Better nursery work [15]

New drug development [16-19]

Math-therapeutic modality establishments for train medical students/junior doctors and clinical therapeutic promotion [11]

And others

Conclusion

In summary, therapeutic selection and novel drug developments are key issues for continuing improvements of osteoporosis treatments.

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