

Lupus and Bone Health

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Osteoporosis is a severe issue for people with lupus, causing the breaking and fracturing of bones. Because lupus patients are exposed to a multitude of risk factors including inflammation, decreased physical activity, hormonal changes, kidney disease and medications, they need to be vigorous about diagnosing and treating osteoporosis. This article outlines the risk factors of osteoporosis and outlines diagnosis and treatment options. By following the necessary steps and increasing osteoporosis knowledge, lupus skeletal health is attainable.