

## PREVENTION & MANAGEMENT OF OSTEOPOROSIS



The goal of this osteoporosis continuing education program is to update health care professionals' knowledge about the prevention and management of osteoporosis with emphasis on bone physiology, risk factors, preventive exercise, diet and supplementation regimes, diagnostic tests and techniques, hormone replacement therapy and much more.

### Upon completion of this course, you will be able to learn:

- Prevalence, epidemiology, and pathophysiology for Osteoporosis
- Physiology of bone formation and low bone mass
- Bone changes associated with age, menopause, and causative factors for Osteoporosis
- Signs and symptoms of Osteoporosis
- Primary and secondary risk factors associated with Osteoporosis
- Clinical diagnosis, available diagnostic testing methods, evaluation and screening of patient with Osteoporosis
- Treatment to prevent further degeneration and to correct underlying medical conditions that cause bone demineralization.
- Prevention of Osteoporosis through education and lifestyle modification
- Role of physical therapy & occupational therapy in management of Osteoporosis

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**Contact Hours : 3 Hours (0.3 CEUs)**

**Teaching Method :** Online Independent Self-Study (Training + Post-Test)

**Course Starting-Ending Time:** Participant will be provided with unique training link to access the course anytime from anywhere. The course can be completed in more than one sitting (in-built bookmark feature remembers last point of visit). The course access and post-test data is recorded in real time for score submission.

**Target Audience: PTs, PTAs, OTs, OTAs, Nursing and Other Healthcare Professionals**

**Cost: \$25 / Participant**

**Course Completion Certificate :** A Printable (Pdf) Certificate By Email / Mail (If Requested, we will mail printed certificate at no additional cost)

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