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

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]:

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

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.

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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.

References

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