



Osteoporosis: Do not let it fracture your life (Colección Salud)

Verónica Sosa

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200 million people have osteoporosis in the world. To keep our bony system healthy, we need to avoid smoking and alcoholism. Practicing sport daily will give us a better quality of life. How can I know if I have it? Going to the doctor will be fundamental; however, there are physical aspects that you need to know, for example, if your demeanor is fragile or you have a hunchbacked position. "I'm worried, I have osteoporosis". Nowadays there are treatments to avoid the loss of bony matter, but there are aspects that we ourselves can do to improve our quality of life.

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