



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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People live in this new day of lifestyle always make an effort to and must have the spare time or they will get lots of stress from both lifestyle and work. So , once we ask do people have free time, we will say absolutely without a doubt. People is human not really a huge robot. Then we request again, what kind of activity are you experiencing when the spare time coming to an individual of course your answer will unlimited right. Then ever try this one, reading publications. It can be your alternative throughout spending your spare time, typically the book you have read will be Osteoporosis: Do not let it fracture your life (Colección Salud).

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