

	Osteoarthritis	Osteoporosis
Definition	Breakdown of cartilage	Loss of bone mass
Location	Joint space between bones Fingers, Toes, Knees, Hips	Within the bone itself Hip, Spine, Wrist
Causes	Wear & tear	Estrogen loss
Symptoms	Pain, Swelling, Stiffness	None
Progression	Chronic Obvious worsening	Begins at menopause, but silent Sudden fracture
Diagnosis	Symptoms X-ray	Bone density test
Treatment	Anti-inflammatories Steroids	Estrogen SERMs
Management	Diet Low impact exercise Glucosamine, SAmE Feverfew, Aloe vera, Curcumin, Turmeric, Cayenne Estrogen Pain, Anti-inflammatory, Steroid Meds	Diet Prevent falls Weight-bearing, Resistance, Balance, Flexibility Calcium, Magnesium, Vit. D, Folate Phytoestrogens Estrogen (Testosterone, Progesterone) SERMs

