

Title:

Health Issues Concerning Asian Women

Word Count:

435

Summary:

Did you know that Asian American women are at high risk for developing osteoporosis? Statistic

Keywords:

asian women,bangladesh,BGMEA,The Bangladesh Garments Manufacturers Exporters Association

Article Body:

Did you know that Asian American women are at high risk for developing osteoporosis? Statistic

Following are some of the issues that are causing a rise in the number of Asian women being di
Asian women have been found to consume less calcium. This is mostly due to the fact that up to

Asian women generally have lower hip fracture rates than Caucasian women. Even so, Asian women

Additionally, slender women have less bone mass and are a greater risk for bone fractures rela
Osteoporosis is a debilitating disease brought on by low bone mass. It causes bones to be vuln

Some of the issues that could increase your chance of developing osteoporosis are:

- * Caucasian and Asian ancestry
- * Having a thin, small-boned body frame
- * Previous fractures or a family history of fractures resulting from osteoporosis
- * An estrogen deficiency resulting from:
 - * early menopause due to natural circumstances
 - * early menopause resulting from surgical removal of the ovaries
 - * as a result of prolonged amenorrhea
- * Aging
- * A diet low in calcium
- * Smoking
- * Excessive alcohol consumption
- * Extensive use of certain medications

Even if one or some of these conditions apply to you, you can still take steps to prevent it f

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