



Division of Developmental Disabilities Services

The Learning Curve

“Enhancing the Knowledge of DDDS Professionals”

Supplemental Review Questions

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Osteoporosis: *“Osteoporosis: Its impact on the Developmentally Disabled”*

Circle Either True or False

- 1) Women with developmental disabilities may be at greater risk for osteoporosis and related bone fractures due to amenorrhea (absence of periods), earlier menopause, the use of certain medications. (True or False)
- 2) People with developmental disabilities have a high risk of osteoporotic fractures due to a number of conditions that both diminish attainment of peak bone mass and/or decrease susceptibility to falls. (True or False)
- 3) It is well recognized that fracture incidence is the product of dual risk profiles: bone mineral density and propensity for falls. (True or False)
- 4) Osteoporosis is defined by the World Health Organization (WHO) as a bone mineral density that is .5 standard deviations or more below the mean peak bone mass. (True or False)
- 5) In the general populations osteoporosis risks can't be reduced with lifestyle changes and sometimes medication. (True or False)

Fill in the Blanks

- 6) Osteoporosis may develop in men or women, and may occur in anyone in the presence of particular hormonal disorders and other _____ or as a result of medication, specifically glucocorticoids, when the disease is called steroid- or glucocorticoid-induced osteoporosis (SIOP or GIOP).
- 7) Osteoporosis is a component of the _____ or a collection of symptoms or markers, primarily due to the aging-related loss and dysfunction of skeletal muscle and bone.
- 8) Dietary deficiencies and mobility _____ may further compromise the attainment of peak bone mass during critical years of bone formation.
- 9) Primary type 2 osteoporosis or _____ osteoporosis occurs at age 75 years and older and is seen in both females and males in a 2:1 ratio.
- 10) Fall-prevention measures may involve _____ to tone de-ambulatory muscles, proprioception-improvement exercises and equilibrium therapies