



A Simple Guide to Paget's Disease and Related Bone Conditions (A Simple guide to Medical Conditions)

Kenneth Kee

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Ode to Paget 's disease

Paget 's disease your cause is unknown
You result in enlarged and deformed bones
Cause may be genetics or a virus germ
Men are affected more than women

Disease is chronic and slowly progressive
Any bone can be involved especially the pelvis
There may be pain and dull aches
There may be kyphosis and bowlegs

The early sign is presence of alkaline phosphatase
A bone scan can confirm the diagnosis
Complications are fractures and deformity
Lose weight and maintain joint mobility.

Treatment is with bisphosphonates and calcitonin
Together with exercise build strong bones within
Diet with vitamin D and calcium is important
Surgery may be needed to remove the deformed portion

-An original poem by Kenneth Kee

Interesting Tips about the Paget Disease

A Healthy Lifestyle

1. Take a well Balanced Diet
2. Treatment involves providing physical assistance including:
 - a. the addition of wedges in the shoe,
 - b. canes as walking aids and
 - c. the administration of physical therapy.

Medications that help reduce the pain associated with Paget's include paracetamol and anti-inflammatory drugs such as ibuprofen and naproxen.

In addition, a group of medications called bisphosphonates:

- a. reduce the pain and
- b. help the body regulate the bone-building process to stimulate more normal bone growth.

3. Keep bones and body strong

Bone marrow produces our blood

Eat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables.

Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.

Eat food rich in Vitamins B and C such as green vegetables and fruits

Zinc and other minerals are important to the body

4. Get enough rest and Sleep

Avoid stress and tension

5. Exercise and stay active.

It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2½ hours a week.

One way to do this is to be active 30 minutes a day at least 5 days a week.

Begin slowly especially if a person has not been active.

6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman.

Alcohol use also increases the chance of falling and breaking a bone.

Alcohol can affect the bone cells.

7. Stop or do not begin smoking.

It also interferes with blood supply and healing.

Cigarettes contain more than forty types of hazardous and possibly cancer causing chemicals which can harm the smokers and those around them.

Smoking can reduce the blood flow to the bones

Chapter 1

Paget's Disease

What is Paget's disease?

Paget's disease is a widespread disease of bones often involving excessive bone resorption and replacement by coarse trabecular bone resulting in abnormal histological patterns and gross deformities.

Paget's disease is a chronic disorder that can result in enlarged and misshapen bones.

Paget's disease is caused by the excessive breakdown and formation of bone followed by disorganized bone remodeling.

This causes affected bone to weaken resulting in pain, misshapen bones, fractures and arthritis in the joints near the affected bones.

Often Paget's disease is localized to only a few bones in the body.

The pelvis, femur and lower lumbar vertebrae are the most commonly affected bones.

Paget's disease typically is localized affecting just one or a few bones as opposed to osteoporosis for example which usually affects all the bones in the body.

Paget's disease occurs slightly more often in men than in women (3 to 2).

Paget's disease is rare in people less than 55 years of age.

The prevalence of Paget's disease ranges from 1.5 to 8.0 percent depending on age and country of residence.

Indicative of the heredity consideration, Paget's disease occurs more commonly in European populations

Introduction

Chapter 1 Paget's Disease

Chapter 2 Interesting Facts about Paget's Disease

Chap

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