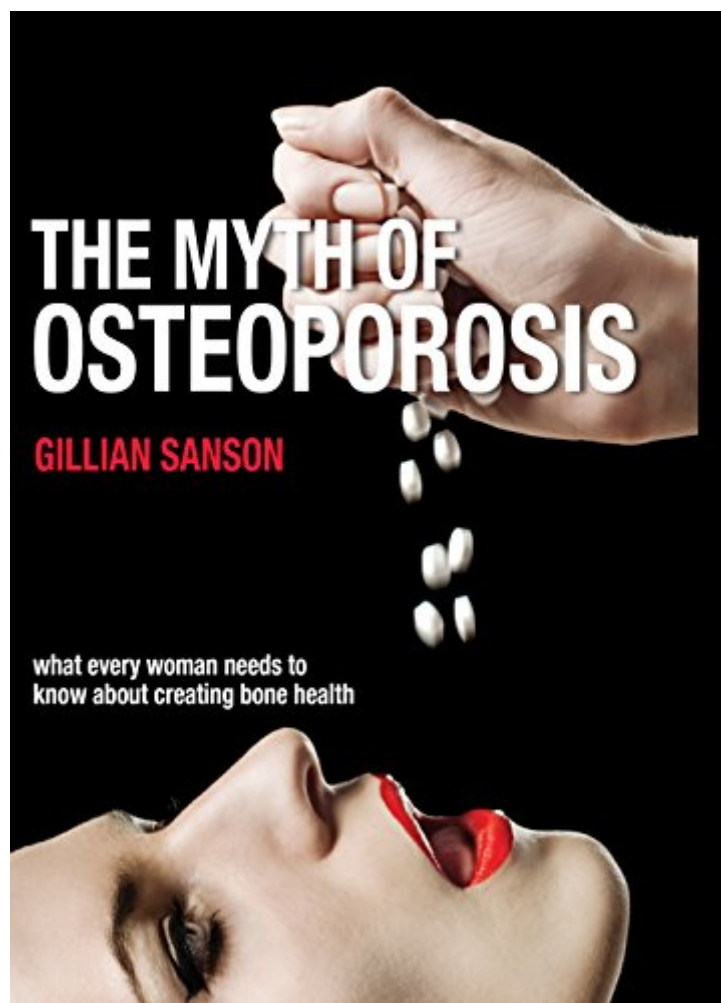




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# The Myth Of Osteoporosis: What Every Woman Needs To Know About Creating Bone Health



## Synopsis

The Myth of Osteoporosis is a research-based work that provides clear insight into the myths of osteoporosis. These myths motivate both patient and physician into a lifetime of unnecessary testing and drug therapy therapy that can in fact be life-threatening. Gillian Sanson's well-documented explanation of these myths can spare women great anxiety. She takes the fear out of aging and restores women's sense of control over their bodies. She gives women good reasons for challenging the common way that osteoporosis is handled in the United States and in many other industrialized nations. This revised edition provides important information about the latest studies and the newest drugs on the market. \* A diagnosis of low bone density is not a good predictor of fracture. Most fractures occur in those who have bone density in the normal range. \* New U.S. osteoporosis screening recommendations target the majority of women over the age of 50, effectively turning millions of healthy women into patients. \* The U.S. National Osteoporosis Foundation predicts an epidemic of osteoporosis by 2025 but hip fracture rates are falling, and have been for the last 3 decades. \* Osteoporosis drugs carry serious risks and side effects and do not benefit the majority of people who take them. \* Diagnoses have skyrocketed in recent decades, yet the mortality rate from osteoporosis remains largely unchanged. "Sanson approaches the topic of osteoporosis with insight and wisdom..." - Journal of the American Medical Association. "At last a carefully-researched, comprehensive, and easy-to-read account of the world-wide marketing of osteoporosis as a killer disease in order to manufacture patients for the sale of drugs." - Barbara Seaman Gill Sanson's book is a well-researched breath of fresh air that will help women everywhere better trust the wisdom of their bodies. -- Christiane Northrup, M.D. A diagnosis of low bone density is not a good predictor of fracture. Most fractures occur in those who have bone density in the normal range.

## Book Information

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## Customer Reviews

I broke my leg 8 months ago after falling while scurrying across a wet, and newly waxed, floor, while trying to save a cup of coffee and laptop at the same time. Recently, I had a bone mineral density (BMD) test, and my doctor prescribed Fosamax, I decided I needed to do a little research. This book and Dr. Susan Ott's web page provided all the information I needed. I think I saved my life!

According to the risk factors in the book and the BMD test, I'm not a high risk! I'm 58, 130 lbs., very active (Zumba, skiing, gardening, etc), eat a healthy diet (no soda for years, very little dairy, and lots of protein & veggies, mostly local), and tan very easily. After reading this book, I am absolutely convinced that taking any of those biphosphonates would be a very bad idea! Thankfully, I decided to do the research before following my doctor's advice. After reading the book, I went back to the doctor. She was not familiar with the book, and claimed, that as a general practitioner, she's not as knowledgeable as specialists. I asked her about the Z scores on my test. She said she doesn't refer to those. I asked for a blood test to determine the level of vitamin D. I also wanted the details of my BMD test. Well, my level of D is 33. The avg. is 40. I'm taking 2000 IU a day of vitamin D, plus what I get in my diet. Without this book, I would know nothing about the 16 risk factors, the different brands and effects of biphosphonates, the BMD test history and \$\$ involved, other tests, and other osteoporosis studies. Like I said, I think I saved my life!

This book is essential reading for anyone diagnosed with (or to be tested for) osteoporosis or osteopenia. It examines with thoughtfulness and great knowledge the process from DEXA scan to diagnosis to medication, raising crucial questions every step of the way. Just as HRT was pushed as a panacea by almost all doctors for years, only to turn out to cause the very heart disease and

cancer it was supposed to help, so Sanson shows that this huge multi-billion-dollar osteoporosis industry is built on one questionable premise after another. The DEXA scan results cannot show the strength--the quality--of bone, a crucial factor. As for bone density, which it does measure, there is little or no correlation between bone density and fracture. Most older people who fracture have normal bone density or mildly low. The whole idea of measuring elderly women's bones against the standard of those of young women (possibly athletes) in their prime is itself questionable. Sanson shows how truly small the gains from bisphosphonates are, how deceiving the percentages presented, and how serious the side effects. This full story of the drugs is just starting to come out now, after the certitudes with which doctors proscribed Fosamax, Actonel, and Forteo just a few years ago. She takes every detail of what women are told and exposes it to the light of day. Consider the terror generated by the endlessly repeated claim that hip fracture is very frequent in the elderly and is a death sentence. Sanson counters by evidence and good sense that those who fracture hips are preponderantly the very old, often in their late 80s and 90s, and that those who die of it are likely to have many other illnesses, with poor vision and often dementia as well, perhaps alone in nursing homes; but that a fairly healthy elderly person will recover. Sanson checks out Vitamin D, Calcitonin, Strontium--gives a whole chapter to the confusing but crucial subject of calcium (not a good solution)--gives a wise exercise overview--and thinks reducing the risks of falling is most important of all to prevent fractures. She wants us to question physicians, and to accept that aging is not a disease. Sanson's whole family was diagnosed with osteoporosis years ago, and she had to decide whether to permit her children to be medicated, so her relation to the researching of this subject began with that urgency. For years a professional medical health writer, she approaches it with an independence that is as rare as it is precious. If this condition is of any concern to you, you must read this book!

Ms. Sanson simply provided documented information not only from her experience as a medical professional; but, the member of a family with a long list of immediate family members diagnosed with mild to severe osteoporosis. her approach is factual and based on personal experience as well as professional knowledge. This book has given me the courage to try a path to healing that does not dramatically impact the quality of my life. I too have, over the last year been diagnosed with serious osteoporosis, including what was termed a fragility fracture of the T12, that healed without issue. Although I question the term 'fragility' fracture, I am following diet rich in vegetables, bone healthy protein and beginning to exercise....starting with walking. Your book has given me factual information rather than scare tactics. I did originally take a daily injection; but, this treatment totally

minimized my quality of life. Even if we're a magical cure, (which it is not, being sick and fatigued every single day is not living .I cannot thank you enough for giving me the courage to go with what feels right rather than forced.Debbie Hunter- Memphis, Tn

Brilliant and balanced treatment of a subject which has been effectively taken over by many so-called experts who have very limited knowledge of the long-term effects of current osteoporosis treatments and prevention programmes. Very sound and painstakingly researched. An absolute must for anyone suffering from the disease or who has a family member affected by this. A very reassuring book with easily-accessed information.

This book is not like others that give terrifying details of the possible side effects of the various medications. Instead it offers easy to understand facts. The author's family has a history of osteoporosis and many with bad scores on the tests have not gotten fractures. Very useful. Phyllis

Very informative and well written. I was relieved to read a lot of the information, as osteoporosis is a scary thing, but this book definitely puts it in perspective. It's a good read if you are looking for answers and to plan your next step in your battle against osteoporosis.

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