

Osteoporosis- hourly breakdown

Hour 1

- 1.1 prevalence and implications of osteoporosis
- 1.2 fracture patterns
- 1.3 dietary protein. Risk factors
- 1.4 bone density test
- 1.5 T-scores

Hour 2

- 2.1 case studies, laboratory tests, bariatric surgery
- 2.2 calcium, vitamin D, calcitonin, parathyroid hormone
- 2.3 trace minerals, vitamin D
- 2.4 vitamin D (continued), vitamin D and laboratory, vitamins
- 2.5 natural compounds study, vitamin D (continued), protein

Hour 3

- 3.1 osteoporosis and prescription drugs
- 3.2 estrogen
- 3.3 parathyroid hormone
- 3.4 corticosteroids
- 3.5 over the counter drugs

Hour 4

- 4.1 diet
- 4.2 herbs, soy, food
- 4.3 soy
- 4.4 case studies
- 4.5 vitamin D, tai chi

Hour 5

- 5.1 current medical treatments
- 5.2 case studies
- 5.3 diets, vitamin D, and bone health
- 5.4 laboratory diagnostics
- 5.5 fall prevention

Hour 6

- 6.1 natural compounds
- 6.2 natural compounds
- 6.3 summary
- 6.4 summary