

## Osteoporosis

Name:

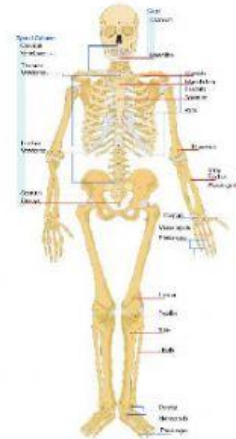
Class:

What is osteoporosis ? (5 marks)

What is the name of this system? (1 mark)

Is osteoporosis acute or chronic? (1 mark)

Is osteoporosis communicable or non communicable ? (1 mark)



Who is more likely to develop osteoporosis? (3 marks)



What should you eat more of to reduce the risk of developing osteoporosis? (2 mark)



What should you eat less of to reduce the risk of getting osteoporosis? (2 mark)



What lifestyle habits should you keep for staying healthy ? (2marks)

List three other diseases that affect the same body system as osteoporosis (3 marks)