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Preventive Medicine; Musculoskeletal System;

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Optimizing Bone Mass and Strength

The Role of Physical Activity and Nutrition during Growth



Osteoporosis and related fractures are a major public health problem globally. Although traditionally considered to be a disease affecting the elderly, increased recognition that osteoporosis may have its foundation early in life has stimulated substantial research interest into factors which can influence skeletal development, including both genetic and lifestyle factors. This book provides a summary and integrative review of the current state of knowledge of factors that influence the development of bone health during childhood and adolescence. The focus is on the role of physical activity for optimizing bone development. Other relevant topics that are reviewed include the influence of genetics, nutrition, and hormonal factors on skeletal development. In addition, there are expert views on practical lifestyle strategies and guidelines that can be adopted to optimize bone health and prevent fractures during growth.

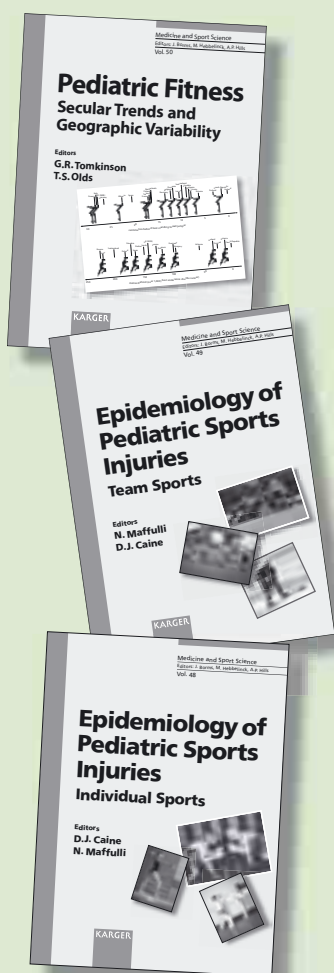
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