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Research Protocol

Osteoporosis Treatments for Old People

Da-Yong Lu[1]*, Jin-Yu Che[1], Zu-Min Shen[2], Lin-Jiang Tong[2], Li-Ping Lin[2] and Ying Shen[3]

[1]*Shanghai University, Shanghai, China*

[2]*Shanghai Institute of Materia Medica, Chinese Academy of Sciences, China*

[3]*Medical School, Shanghai Jiao-Tong University, Shanghai, China*

***Corresponding Author:** Da-Yong Lu, Shanghai University, Shanghai, China.

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Abstract

The prevalence of osteoporosis in old people is a serious healthcare problem globally. Specific therapeutics is required for meeting with high-quality osteoporosis treatments in the clinic. This editorial introduces new insights into medical intervention of old women and advances in drug developments.

Keywords: *Osteoporosis; Drug Development; Clinical Diagnosis; Biology Medication*

Introduction

The prevalence of osteoporosis in old people is a serious healthcare problem globally. Osteoporosis-induced bone-fracture and immovability has high possibility of human mortality [1-3]. Due to variability of osteoporosis prevention and treatments between old people and young adults [4], clinical interventions must more emphasize on the therapeutics of old people.

Major therapeutic problems

Major counteractive measure against bone health and osteoporosis progress are variable among different ages. Table 1 represents these differences [5-12].

Patients ages	Physio-pathological characters	Major nutrition or therapies
Teenage (12 - 18)	Nutritional-insufficient individuals	Mineral or food supports
Young adults (19 - 40)	Bone pain and vulnerable to attack	Sports/less sedentary
Middle-ages (41 - 65)	Bone pain and osteoporosis	Chemical drug or vitamin
Old people (66 - 85)	Serious osteoporosis/immobility	Bio-therapy + hormone + new therapeutics

Table 1: *The different symptoms and therapeutics among varied patient ages.*

New approaches

Osteoporosis treatments for old people is very difficult because they are refractory to almost all conventional medications. New ideas must be created to counteract these therapeutic limitations.

Different types of counteractive measures are suitable to different symptoms and patients-balancing between activity, toxicity and cost. This is an open question for further study. In future, many paradigm strategies must be emphasized; include:

- Targets to co-morbidity [10].
- Precision and personalized medicine innovation [13,14].
- Better nursery work [15].
- New drug development [16-19].
- Math-therapeutic modality establishments for train medical students/junior doctors and clinical therapeutic promotion [11].

Conclusion

Expanding clinical osteoporosis therapeutic know-how and cost-effective evaluation is important and indispensable. In summary, therapeutic selection and novel drug developments are key issues for continuing improvements of osteoporosis treatments. We will not miss our targets for therapeutic promotions against human osteoporosis in old people.

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