

## **Osteoporosis and Lupus: *Boning up***

By: Laura Williamson

Typically, osteoporosis is considered an aging women's problem; however, if you have lupus and are taking steroids, osteoporosis should be your concern, regardless of your age or gender. This article discusses bone density testing. It also looks into supplements, exercise and the potential of bone building drugs to help prevent osteoporosis. It even addresses the risks of pregnancy and osteoporosis. This article is an excellent resource for all people with lupus on steroids who are trying to manage osteoporosis.