



**Metabolismo fosfocálcico. Osteoporosis. Dieta controlada en calcio (Este capítulo pertenece al libro Dietoterapia, nutrición clínica y metabolismo): 1 (Spanish Edition)**

*María Luisa Gracia Ruiz*

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INDICE: Metabolismo fosfocálcico: metabolismo del calcio; metabolismo del fósforo; regulación hormonal del metabolismo fosfocálcico. Osteoporosis: definición; epidemiología de la osteoporosis; fisiopatología de la osteoporosis; clasificación de la osteoporosis; factores de riesgo; clínica de la osteoporosis; diagnóstico; factores preventivos nutricionales y de estilo de vida en la osteoporosis; fitoestrógenos; resumen y recomendaciones dietéticas útiles en la prevención y tratamiento de la osteoporosis. Dieta controlada en calcio. Bibliografía.

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