

label structures on long bone in diagram Workbook

label structures on long bone in diagram is a fundamental aspect of understanding human anatomy, particularly in the context of the skeletal system. Long bones, such as the femur, tibia, fibula, humerus, radius, and ulna, play a crucial role in locomotion, support, and blood cell production. To fully grasp their function and structure, it is essential to familiarize oneself with the various parts that comprise these bones, often illustrated in detailed anatomical diagrams. These labels help students, medical professionals, and enthusiasts identify and understand the complex architecture of long bones, which is vital for diagnosing injuries, understanding growth patterns, and studying biomechanics.

Overview of Long Bone Structure

Long bones are characterized by their elongated shape, consisting of a shaft called the diaphysis and two ends known as the epiphyses. The internal and external features of these bones are specialized to facilitate their functions, including movement, weight-bearing, and mineral storage.

Major Structures of Long Bones

Understanding the labeled structures on long bones requires familiarity with their anatomy. Below are the key parts typically depicted in diagrams:

Diaphysis (Shaft)

- The central, elongated part of the long bone.
- Composed mainly of dense, compact bone tissue providing strength.
- Contains the medullary cavity, which houses bone marrow.

Epiphyses (Ends)

- The rounded ends of the long bone.
- Covered with articular cartilage to facilitate joint movement.
- Rich in spongy (cancellous) bone, which reduces weight and absorbs shock.

Metaphysis

- The region between the diaphysis and epiphysis.
- Contains the epiphyseal (growth) plate in children and adolescents, responsible for bone lengthening.

Articular Cartilage

- A smooth, hyaline cartilage covering the epiphyses.
- Reduces friction and absorbs shock in joints.

Periosteum

- A dense fibrous membrane covering the outer surface of the bone.
- Contains blood vessels, lymphatic vessels, and osteogenic cells essential for growth and repair.

Medullary (Marrow) Cavity

- The hollow interior of the diaphysis.
- Contains yellow marrow in adults, which stores fat.
- In children, it contains red marrow involved in hematopoiesis.

Endosteum

- A thin membrane lining the medullary cavity.
- Contains osteoprogenitor cells involved in bone growth and remodeling.

Bone Tissue Types

- Compact Bone: Dense, solid outer layer providing strength.
- Spongy Bone: Lighter, porous interior found mainly in the epiphyses.

Detailed Diagram Labels on a Long Bone

A typical diagram of a long bone will feature numerous labeled parts, often including:

- **Diaphysis:** The main shaft.

- **Epiphysis:** The rounded ends.
- **Metaphysis:** The transitional zone.
- **Articular Cartilage:** The smooth joint surface.
- **Periosteum:** The outer covering.
- **Medullary Cavity:** The marrow cavity inside the diaphysis.
- **Endosteum:** The inner lining of the medullary cavity.
- **Spongy Bone:** The porous interior in epiphyses.
- **Compact Bone:** The dense outer layer.
- **Sharpey's Fibers:** Collagen fibers anchoring periosteum to bone.

Function of Each Label in Bone Health and Movement

Understanding the functions of these structures provides insight into their importance:

Diaphysis

- Provides leverage and support for movement.
- Houses the marrow cavity for blood cell production or fat storage.

Epiphyses

- Facilitate joint articulation.
- Absorb shocks during movement.

Metaphysis

- Contains growth plates in children, contributing to bone lengthening.
- Undergoes remodeling during growth.

Articular Cartilage

- Minimizes friction in joints.
- Acts as a cushion to distribute loads.

Periosteum

- Supplies nutrients via blood vessels.
- Vital for bone repair and growth.

Medullary Cavity

- Stores marrow, crucial for hematopoiesis in children.
- Becomes primarily yellow marrow with age.

Endosteum

- Involved in bone remodeling.
- Contains osteoblasts and osteoclasts.

Bone Tissue Types

- Compact bone provides mechanical strength.
- Spongy bone reduces weight and supports marrow.

Common Diagrams and How to Read Them

Diagrams of long bones are standardized in anatomy textbooks and educational resources. They typically include labels pointing to each part with arrows or lines. When analyzing such diagrams:

- Pay attention to the color coding?compact and spongy bones are often differentiated.
- Note the location of the growth plates in metaphysis regions.
- Recognize the articular cartilage covering the epiphyses.
- Observe the periosteum as a thin outer layer.

Understanding how to interpret these diagrams enhances comprehension of bone structure-function relationships and aids in learning about bone pathology, such as fractures or growth abnormalities.

Clinical Significance of Labeling Long Bone Structures

Proper identification of bone structures is essential in clinical settings:

- Fracture diagnosis: Recognizing which part of the bone is affected.

- Growth plate injuries: Understanding metaphysis involvement in children.
- Bone diseases: Conditions like osteoporosis affect compact and spongy bone.
- Surgical interventions: Precise knowledge of bone anatomy guides procedures like joint replacements or fracture repairs.

Conclusion

Understanding the label structures on long bones in diagrams is essential for anyone studying anatomy, medicine, or allied health sciences. These labels serve as a roadmap to the complex architecture of bones, highlighting their support, movement, and hematopoietic functions. Recognizing each part and its function helps in diagnosing bone injuries, understanding growth and development, and appreciating the intricacies of the human skeletal system. Whether through textbooks, online diagrams, or practical dissections, mastering these labels enhances comprehension and application in both academic and clinical contexts.

Label Structures on Long Bones in Diagrams: An In-Depth Exploration

Understanding the intricate anatomy of long bones is fundamental in fields such as anatomy, medicine, orthopedics, and biological sciences. Accurate labeling of the structures on diagrams not only aids in learning but also enhances clinical diagnosis, surgical planning, and research. This comprehensive review delves into the various components of long bones, their structural significance, and the importance of correctly identifying them in diagrams.

Introduction to Long Bones

Long bones are characterized by their elongated shape, primarily composed of compact (cortical) bone surrounding a central medullary cavity filled with marrow. They are vital for movement, support, and hematopoiesis. Examples include the femur, tibia, fibula, humerus, ulna, and radius.

Basic Structural Components of Long Bones

Understanding the anatomy involves familiarizing oneself with the key features, many of which are represented in detailed diagrams with labeled structures.

1. Diaphysis (Shaft)

- The elongated, tubular middle portion of the bone.
- Composed mainly of compact bone providing strength and support.
- Contains the medullary cavity, which houses bone marrow.

2. Epiphysis

- The enlarged ends of the bone.
- Composed mostly of spongy (cancellous) bone covered by a thin layer of compact bone.
- Involved in joint formation and growth.

3. Metaphysis

- The region between the diaphysis and epiphysis.
- Contains the epiphyseal (growth) plate in developing bones.
- Critical for bone lengthening during growth.

4. Articular Cartilage

- Hyaline cartilage covering the joint surfaces of epiphyses.
- Provides smooth, low-friction movement.

5. Periosteum

- A dense, fibrous membrane covering the outer surface of the bone, except at articular surfaces.
- Contains osteogenic cells vital for bone growth and repair.
- Serves as attachment point for tendons and ligaments.

6. Endosteum

- The thin vascular membrane lining the medullary cavity.
- Contains osteoprogenitor cells involved in bone growth and remodeling.

7. Medullary Cavity

- The central hollow shaft within the diaphysis.
- Contains bone marrow (red marrow in children, yellow marrow in adults).

External Features and Their Labels

Long bone diagrams typically highlight external landmarks essential for clinical identification, surgical procedures, and functional understanding.

1. Head of the Bone

- The rounded, proximal or distal end of the bone, forming part of a joint.
- Usually covered with articular cartilage.

2. Neck

- The narrowed region just below the head.
- Notable in the femur (femoral neck), prone to fractures.

3. Trochanters (in Femur)

- Large, irregular projections serving as muscle attachment points.
- Greater trochanter (lateral) and lesser trochanter (medial).

4. Condyles

- Rounded articulating prominences at the distal end.
- Example: medial and lateral condyles of the femur.

5. Epicondyles

- Bony projections located above condyles.
- Serve as attachment sites for ligaments and muscles.

6. Linea Aspera (Femur)

- A prominent ridge on the posterior shaft.
- Provides attachment for thigh muscles.

7. Shaft (Diaphysis)

- The long, cylindrical part of the bone, providing leverage and strength.

8. Nutrient Foramen

- Small openings in the bone supplying blood vessels.

Internal Features and Their Labels

In diagrams showing internal views, several structures are critical for understanding bone physiology and pathology.

1. Medullary Cavity

- Central cavity within the diaphysis.
- Contains red marrow (hematopoietic) or yellow marrow (fat storage).

2. Spongy (Cancellous) Bone

- Located in the epiphyses and metaphyses.
- Composed of trabeculae that resist stress.

3. Compact (Cortical) Bone

- Dense outer layer providing strength and protection.

4. Haversian System (Osteon)

- The fundamental functional unit of compact bone.
- Consists of concentric lamellae surrounding a central Haversian canal.

5. Haversian Canal

- Central channels containing blood vessels and nerves.

6. Volkmann's Canals

- Perpendicular channels connecting Haversian canals.

7. Trabeculae

- The latticework of spongy bone, supporting and distributing stress.

Key Landmarks for Specific Long Bones

Each long bone has unique features that are important to recognize in diagrams.

Femur

- Greater and lesser trochanters
- Intertrochanteric line and crest
- Linea aspera
- Medial and lateral condyles
- Patellar surface
- Fovea capitis (on the head)

Humerus

- Greater and lesser tubercles
- Surgical neck
- Anatomical neck
- Deltoid tuberosity
- Capitulum and trochlea (condyles)
- Olecranon fossa

Radius and Ulna

- Radial tuberosity
- Styloid processes
- Ulnar trochlear notch
- Radial head and neck

Importance of Accurate Labeling in Diagrams

Correctly labeling structures on diagrams is essential for multiple reasons:

- Educational Clarity: Facilitates understanding of complex anatomy.
- Clinical Relevance: Aids in diagnosis of fractures, deformities, or pathological conditions.
- Surgical Precision: Guides surgeons during procedures involving bone fixation or reconstruction.
- Research and Communication: Ensures consistent terminology across scientific literature.

Common Errors and Tips for Accurate Labeling

- Confusing External and Internal Structures: Ensure clarity by distinguishing between superficial landmarks and internal features.
- Misidentification of Landmarks: Use multiple views and cross-reference diagrams.
- Overlooking Small but Significant Structures: For example, nutrient foramina or lesser-known tubercles.
- Consistency in Nomenclature: Adhere to standard anatomical terminology.

Tips:

- Use high-quality, detailed diagrams with color coding to differentiate features.
- Familiarize yourself with common abbreviations.
- Practice labeling with unlabeled diagrams to reinforce memory.

Advanced Topics in Bone Labeling and Diagramming

- 3D Modeling: Modern imaging techniques like CT scans and 3D reconstructions help visualize complex structures.
- Pathological Variations: Diagrams may include labels for deformities (e.g., bowing), lesions, or prosthetic placements.
- Developmental Anatomy: Labeling growth plates and ossification centers during various stages of development.

Conclusion

A detailed understanding and accurate labeling of the structures on long bones are foundational for anyone studying or working with skeletal anatomy. Diagrams serve as visual tools that, when correctly annotated, foster comprehensive comprehension of bone architecture. Whether for academic purposes, clinical practice, or research, mastery of these labels enhances communication,

diagnosis, and treatment strategies. Continual practice, utilization of high-quality diagrams, and familiarity with anatomical terminology are key to achieving proficiency in identifying and understanding the complex structures of long bones.

Question What are the main label structures visible on a diagram of a long bone? The main label structures typically include the diaphysis (shaft), epiphysis (end), metaphysis (neck), periosteum, medullary cavity, and the articular cartilage. How does labeling the growth plates on a long bone diagram help in understanding bone development? Labeling the growth plates (epiphyseal plates) helps illustrate where longitudinal growth occurs, aiding in understanding how bones lengthen during development and the process of ossification. Which label structures on a long bone diagram are important for identifying sites of fracture or injury? Key structures include the diaphysis, metaphysis, and epiphysis, as well as the periosteum and articular surfaces, since fractures often occur in these regions or involve these structures. Why is it important to label the nutrient foramen on a long bone diagram? Labeling the nutrient foramen is important because it indicates the entry point for nutrient arteries that supply blood to the bone, critical for bone health and healing processes. What are the typical labels used to describe the internal features of a long bone in diagrams? Internal features labeled in diagrams include the medullary cavity, spongy (trabecular) bone, compact bone, and the endosteum, highlighting the internal structure and tissue types within the bone.

Related keywords: long bone anatomy, bone labeling diagram, skeletal system labels, epiphysis structure, diaphysis diagram, bone markings, anatomical landmarks, ossification sites, bone tissue labels, skeletal diagram

zero bone loss concepts

Understanding Zero Bone Loss Concepts: A Comprehensive Guide

Zero bone loss concepts refer to innovative strategies and practices aimed at maintaining optimal bone density and health, particularly in the context of dental implants, orthodontics, and general skeletal health. Bone loss can significantly impact functionality, aesthetics, and overall well-being, making it crucial to understand how to prevent it. This article delves into the core principles, causes, prevention methods, and advanced approaches related to zero bone loss concepts, offering valuable insights for dental professionals, orthodontists, and individuals alike.

What Is Bone Loss and Why Is It a Concern?

Definition of Bone Loss

Bone loss, medically known as osteoporosis or alveolar bone resorption in dental contexts, refers to the reduction in bone density and volume over time. This process can occur due to aging, disease, trauma, or environmental factors, leading to weakened bones prone to fractures or failure of dental implants.

Implications of Bone Loss

- Reduced structural support for teeth and implants
- Increased risk of fractures
- Aesthetic concerns, especially in facial symmetry
- Challenges in dental rehabilitation and restorations
- Overall decline in skeletal health and function

Core Principles of Zero Bone Loss Concepts

Prevention Over Treatment

Focusing on proactive strategies to prevent bone loss rather than reactive treatments once significant loss has occurred.

Minimally Invasive Procedures

Implementing surgical and non-surgical techniques that preserve existing bone structures and minimize trauma.

Early Detection and Monitoring

Utilizing advanced imaging and diagnostic tools for early identification of bone deterioration.

Personalized Treatment Plans

Tailoring approaches based on individual health status, risk factors, and anatomical considerations.

Causes and Risk Factors of Bone Loss

Natural Aging Process

Bone density naturally decreases with age, especially after menopause in women.

Periodontal Disease

Chronic gum infections can lead to alveolar bone resorption around teeth.

Poor Oral Hygiene

Plaque buildup and tartar contribute to periodontal issues and subsequent bone loss.

Smoking and Tobacco Use

Toxins impair healing and accelerate bone deterioration.

Nutritional Deficiencies

Insufficient intake of calcium, vitamin D, and other nutrients affects bone health.

Medical Conditions

Diseases like osteoporosis, diabetes, and rheumatoid arthritis increase risk.

Trauma and Injury

Physical damage can compromise bone integrity.

Strategies to Achieve Zero Bone Loss

Optimized Oral Hygiene Practices

- Regular brushing and flossing
- Professional dental cleanings
- Use of antimicrobial mouthwashes

Periodontal Disease Management

- Early diagnosis and treatment
- Scaling and root planing
- Antibiotic therapy when necessary

Nutrition and Lifestyle

- Adequate calcium and vitamin D intake
- Avoiding tobacco and excessive alcohol
- Engaging in weight-bearing exercises

Advanced Dental Techniques

- Use of bone grafts and regenerative procedures
- Application of growth factors and biologics
- Minimally invasive implant placement

Regular Monitoring and Imaging

- Cone-beam computed tomography (CBCT)
- Periodontal probing
- Bone density assessments

Innovative Approaches and Technologies Supporting Zero Bone Loss

Bone Grafting and Regeneration

Techniques that encourage new bone formation in areas of deficiency, including:

- Autografts: Using the patient's own bone
- Allografts: Donor bone tissue
- Synthetic grafts: Biocompatible materials

Growth Factors and Stem Cell Therapy

Biologics like platelet-rich plasma (PRP) and bone morphogenetic proteins (BMPs) stimulate healing and regeneration.

Guided Tissue and Bone Regeneration (GTR & GBR)

Barrier membranes prevent soft tissue ingrowth, allowing bone to regenerate in targeted areas.

Laser Therapy

Minimally invasive laser procedures reduce inflammation and promote tissue healing, aiding in bone

preservation.

Implant Design and Placement Techniques

- Flapless surgery
- Immediate implant placement
- Use of custom surgical guides

Role of Patient Education and Engagement

Importance of Awareness

Empowering patients with knowledge about bone health and preventive practices.

Patient-Centered Care

- Regular follow-up appointments
- Personalized recommendations
- Encouraging lifestyle changes

Compliance and Motivation

Adherence to oral hygiene routines, dietary guidelines, and medical advice is vital for maintaining zero bone loss.

Case Studies and Evidence Supporting Zero Bone Loss Concepts

Successful Dental Implant Cases

Studies demonstrate that with appropriate planning and management, patients can retain their alveolar bone around implants for decades.

Bone Regeneration Outcomes

Research shows significant bone volume increase following regenerative procedures, reducing the risk of future loss.

Long-term Preventive Strategies

Data indicates that early intervention and consistent maintenance can prevent bone loss effectively.

Conclusion: Embracing Zero Bone Loss Concepts for Better Health

Achieving and maintaining zero bone loss is a multifaceted goal that combines preventive care, advanced technology, patient education, and personalized treatment strategies. By understanding the causes of bone deterioration and implementing comprehensive approaches, dental professionals and patients can work together to preserve bone health, enhance functional outcomes, and improve quality of life. Continuous research and technological innovations promise even more effective solutions in the future, making the concept of zero bone loss an attainable reality for many.

References and Further Reading

- [Insert relevant peer-reviewed articles, textbooks, and authoritative sources here]
- Consult with dental and medical professionals for personalized advice and treatment options.

Zero Bone Loss Concepts: A Comprehensive Guide to Preserving Your Bone Health

In the realm of dentistry and oral health, the concept of zero bone loss has gained significant attention as a benchmark for ideal periodontal and implant health. Achieving and maintaining zero bone loss signifies that the supporting alveolar bone around teeth or implants remains intact, providing a stable foundation essential for long-term oral function and aesthetics. This article explores the fundamental principles behind zero bone loss concepts, delving into preventive strategies, diagnostic considerations, treatment modalities, and ongoing maintenance to help clinicians and patients alike understand how to preserve alveolar bone quality and quantity.

Understanding Bone Loss in Dental Health

Before diving into zero bone loss strategies, it's crucial to understand what bone loss entails in dental contexts.

What Is Bone Loss?

Bone loss refers to the resorption or reduction of alveolar bone—the bone that surrounds and supports teeth or implants. It can result from various factors, including periodontal disease, trauma, occlusal overload, systemic conditions, or unsuccessful implant placement.

Why Is Bone Preservation Important?

- Structural Stability: Adequate bone is essential for anchoring teeth and implants securely.
- Aesthetic Outcomes: Bone loss can lead to soft tissue recession and facial esthetic compromise.
- Functional Integrity: Preserving bone ensures proper chewing function and prevents further oral health issues.

The Concept of Zero Bone Loss

Zero bone loss is an aspirational goal in periodontal and implant dentistry, indicating that no measurable loss of alveolar bone has occurred during a specified period. Achieving this state reflects optimal periodontal health or implant success, with the alveolar bone remaining stable and intact.

Significance of Zero Bone Loss

- Serves as an indicator of effective periodontal therapy.
- Represents successful implant integration without peri-implantitis.
- Enhances long-term prognosis and reduces the need for complex interventions.

Strategies to Achieve and Maintain Zero Bone Loss

Achieving zero bone loss is a multifactorial process that involves prevention, early diagnosis, precise treatment planning, and diligent maintenance. Below are comprehensive strategies divided into key categories.

- Prevention and Early Intervention

Prevention remains the cornerstone of zero bone loss. Implementing measures early can prevent irreversible resorption.

Oral Hygiene Education

- Emphasize meticulous plaque control through brushing and interdental cleaning.
- Use of adjuncts like antimicrobial mouth rinses.

Risk Factor Modification

- Manage systemic conditions such as diabetes and osteoporosis.
- Encourage smoking cessation?smoking is a significant risk factor for periodontal breakdown.

Regular Dental Check-Ups

- Early detection of periodontal pockets or inflammation.
- Professional cleanings to remove biofilm and calculus.

- Periodontal Therapy

Effective periodontal therapy is critical to halt disease progression and preserve bone.

Non-Surgical Procedures

- Scaling and root planing.
- Use of local antimicrobial agents when necessary.

Surgical Interventions

- Flap surgeries to access and debride deep pockets.
- Regenerative procedures like guided tissue regeneration (GTR) or bone grafting to restore lost bone.

- Achieving and Maintaining Stable Implants

Implant success hinges on osseointegration and peri-implant tissue health.

Proper Implant Placement

- Precise surgical planning using imaging modalities.
- Adequate bone volume and density assessment.

Prosthetic Design

- Avoiding overloading implants.
- Ensuring proper occlusion to distribute forces evenly.

Peri-Implant Maintenance

- Routine professional cleanings.
- Monitoring for early signs of peri-implantitis.

Diagnostic Tools and Monitoring for Zero Bone Loss

Accurate diagnosis and ongoing monitoring are vital for maintaining zero bone loss.

Radiographic Evaluation

- Periapical radiographs: Standard, high-resolution images for detecting early bone changes.
- Cone-beam computed tomography (CBCT): Provides 3D assessment of bone volume and density.

Periodontal Probing

- Regular probing depths and clinical attachment level measurements.
- Tracking pocket depth changes over time.

Digital Monitoring

- Use of digital charts and software to record baseline and follow-up data.
- Employing intraoral scanners for precise tracking of tissue changes.

Factors Influencing Bone Stability

Understanding factors that can lead to bone loss helps in designing preventive strategies.

Biological Factors

- Genetic predisposition.
- Immune response variations.

Mechanical Factors

- Occlusal trauma.
- Overloading of implants or teeth.

Systemic Factors

- Diabetes mellitus.
- Osteoporosis.

Microbial Factors

- Presence of pathogenic periodontal bacteria.

Promoting a Culture of Zero Bone Loss: Best Practices

Creating an environment conducive to zero bone loss involves a combination of patient education, clinician expertise, and technological support.

For Clinicians

- Emphasize risk assessment and individualized treatment planning.
- Use evidence-based protocols for periodontal and implant therapy.
- Maintain meticulous surgical and prosthetic techniques.

For Patients

- Adhere strictly to oral hygiene routines.
- Attend regular maintenance appointments.
- Report any signs of inflammation, discomfort, or mobility promptly.

Emerging Technologies and Future Directions

Advances in research and technology continue to refine zero bone loss strategies.

Biomaterials and Regenerative Techniques

- Development of bioactive graft materials.
- Use of growth factors like platelet-rich plasma (PRP) to promote bone regeneration.

Digital Dentistry

- CAD/CAM prosthetics for precise fitting.
- Digital planning for optimal implant positioning.

Personalized Medicine

- Genetic testing to identify individuals at higher risk.
- Tailored preventive and therapeutic protocols.

Conclusion

The zero bone loss concept embodies the ideal of preserving alveolar bone integrity throughout a patient's oral health journey. While achieving absolute zero loss may be challenging, the principles outlined—preventive care, early intervention, precise treatment, and diligent maintenance—serve as a roadmap for clinicians striving toward this goal. As research and technology evolve, so too will our capacity to prevent bone loss, ensuring better long-term outcomes and enhanced quality of life for patients.

Remember, the pursuit of zero bone loss is a dynamic process that requires a proactive approach, interdisciplinary collaboration, and a commitment to ongoing education—ultimately safeguarding the foundation of your oral health.

Question What is the concept of zero bone loss in implant dentistry? Zero bone loss refers to the ideal scenario where there is no vertical or horizontal loss of alveolar bone around dental implants over time, indicating optimal implant stability and health. Why is achieving zero bone loss important for long-term implant success? Achieving zero bone loss ensures the preservation of supporting bone structure, which is critical for maintaining implant stability, function, and esthetics over the lifespan of the restoration. What strategies can be employed to promote zero bone loss around dental implants? Strategies include meticulous surgical techniques, proper implant placement, maintaining good oral hygiene, regular professional monitoring, and using surface-treated implants to promote osseointegration and minimize bone resorption. Are there specific patient factors that influence the likelihood of zero bone loss in implant therapy? Yes, factors such as good systemic health, non-smoking status, adequate bone volume, and adherence to maintenance protocols significantly increase the chances of achieving zero bone loss around implants. How is zero bone loss monitored and measured in clinical practice? Zero bone loss is

monitored through periodic radiographic assessments, such as periapical or panoramic X-rays, comparing bone levels over time to ensure minimal or no vertical bone resorption around the implant.

Related keywords: peri-implant health, implant maintenance, bone preservation, peri-implantitis prevention, implant stability, tissue regeneration, bone remodeling, implant success, periodontal health, clinical protocols

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