**Rewritten Three Definitions**

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**Introduction**

For this assignment, students are required to choose a relatively complex word within my particular profession. I chose the word ‘osteoporosis’, and I would use a parenthetical definition, a sentence definition, and an expanded definition to describe this word to non-technical readers who are not familiar with nutrient deficiency diseases. The objective of the assignment is to be able to write for a specific audience that does not have technical knowledge of the term I am defining.

**Parenthetical Definition**

If you have a deficiency in vitamin D or calcium, you may have osteoporosis (a disease in which the bones become fragile), which results in higher risk of broken bones.

**Sentence Definition**

Osteoporosis is a disorder in which the bones become fragile due to lack of calcium, and it sometimes results in pain and decreased height, common among older adults.

**Expanded Definitions**

*How did its name originate?*

The word ‘osteoporosis’ originated from the combination of English and Greek words. Osteo- means “bone” and –osis is a suffix denoted "conditions" in English (Osteoporosis, n.d.). Whereas poros means “pore” in Greek. The combined word means “bones with pores” (Osteoporosis, n.d.).

[](http://engl301-arts.sites.olt.ubc.ca/files/2016/01/osteoporosis.jpg)

Figure 1. Comparison of healthy bone structure and osteoporosis bone structure. (Czarny, n.d.)

*What causes osteoporosis?*

Women are in higher risk of getting osteoporosis than men. Older adults typically have higher chances of getting osteoporosis. Deficiency in vitamin D and calcium makes people more prone to osteoporosis. Low activity level, smoking, and drinking too much alcohol can also cause osteoporosis (National Institutes of Health, 2014).

*Why is osteoporosis important?*

According to Osteoporosis Canada (2015), one in three women and one in five men suffer from osteoporotic fracture, which makes osteoporosis a common disease among humans. Osteoporosis causes bone thinning and breaking, which further influences mobility and independence. It is important to consider building strong bones during childhood, since it is easier to prevent than to treat osteoporosis.

*Similar Phenomena*

Osteopenia is another form of low bone density that is caused by deficiency in calcium and vitamin D. The differences between osteopenia and osteoporosis are that osteopenia is not as severe as osteoporosis and the symptoms may be relieved by adequate intake of calcium and vitamin D (Driver, 2015).

**References**

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