Management of osteoporosis

Osteoporosis, also called ‘the silent disease’ often goes unnoticed until the symptoms start to manifest. Early recognition of symptoms and preventive measures can help those who suffer.

New Delhi, Dec 01, 2016: Osteoporosis is a disease that causes bones to become abnormally thin, weakened, and prone to fractures. It is generally characterized by low bone density and degradation of bone tissue in terms of micro-architecture. Such a loss can make the bones fragile and increase the chances of fractures.

Osteoporosis shares a high burden in India, it is reported that there are currently over 230 million Indians over the age of 50 years, out of which 20% suffer from Osteoporosis. Estimates report that 1 out of 8 males and 1 out of 3 females in India suffers from osteoporosis, this essentially makes India one of the worst hit countries of the world.

Padma Shri Awardee Dr. K.K Aggarwal, President Heart Care Foundation of India (HCFI) and National President Elect Indian Medical Association (IMA), stated that, “Women generally are at a higher risk for osteoporosis because after menopause, estrogen levels decline. Estrogen is important in maintaining bone mass and density. Initial stages of osteoporosis are not usually diagnosed and remains asymptomatic, that is why the term ‘silent disease’. It becomes clinically evident only when fractures occur. Osteoporosis tends to worsen with age due to the loss of bone density leading to increased rates of fractures.”

“A bone healthy diet including good amount of protein and calories as well as optimal amounts of calcium and vitamin D, which are important in maintaining proper bone formation and bone density is crucial for managing osteoporosis. Moreover, controlling caffeine, alcohol and salt has been proven to prevent bone loss. To strengthen the skeletal architecture and improve bone density, exercising for at least 30 minutes three times per week is advised”, added Dr K.K Aggarwal.

Following are some tips that apply while managing osteoporosis:

- Exercise regularly: Weight-bearing, muscle-strengthening and balance-training exercises are best.
- Ensure a diet rich in bone-healthy nutrients: Calcium, vitamin D and protein are the most important for bone health. Safe exposure to sunshine will help you get enough vitamin D.
- Avoid negative lifestyle habits: Maintain a healthy body weight, stop smoking and reduce alcohol intake.
• Identify your risk factors: and bring these to your doctor’s attention, especially if you’ve had a previous fracture or have specific diseases and/or are taking medications that affect bone health.
• Take osteoporosis medicine, if needed: Treatment will help to improve bone miner density (BMD) and reduce risk of fracture.

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About Heart Care Foundation of India

Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

For more information, please contact

Heart Care Foundation of India

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