Osteoporosis and Heart failure: Interlinked disorders

On Osteoporosis day, awareness needs to be generated about the correlation between heart diseases and osteoporosis

New Delhi, 19th October 2016: In India, heart failure is a common cause of morbidity and mortality with about 30 million Indians suffering from coronary heart disease. Another common ‘age-related’ health condition is osteoporosis, which has an overall prevalence of about 29%. Both these conditions become highly prevalent with advancing age. There has been growing line of evidence that suggests that heart diseases and Osteoporosis may be comorbid health conditions, especially in the elderly.

A recent study looked at data from about 45,500 adults who had a history of low Bone Mineral Density (BMD), these patients were followed up to 10 years. Of those people, 1,841 had recent-onset heart failure. The researchers concluded that heart failure was associated with a 30 percent increased in the risk of major fractures namely, wrist, hip and vertebral fractures.

Padma Shri Awardee, Dr. K.K Aggarwal, National President Elect, Indian Medical Association & President, Heart Care Foundation of India, said, “This is one of the many studies that have reported a correlation between heart failure and osteoporosis. The underlying cause of the co-existence of these two disorders can be attributed to shared risk factors, both genetic and environmental. These intersecting risk factors include old-age, smoking, hypertension, Diabetes, low blood calcium and vitamin D and physical inactivity.”

“The association between these two conditions has opened new paradigms for the treatment and management options for these disorders. Understanding the mechanism and intersecting biological pathways between heart failure and osteoporosis might lead to new treatments and management options for both these conditions that share a high burden in India in terms of morbidity and premature mortality. This also gives us an option of exploring newer approaches towards a diagnosis. Patients with a lower than normal BMD can be screened for co-associated heart conditions and those having a history of heart failure can be screened for BMD, to promote prompt management measures”, adds Dr K.K Aggarwal.

Unfortunately, osteoporosis is infamously known as the ‘silent disease’ and is an under-recognized and undertreated condition. Due to inadequate awareness, there is a huge care gap between Osteoporosis and coronary heart disease. The very first step in dealing with this care gap in the medical setting is to make physicians, especially cardiologists specialising in heart
failure, aware of the co-association of these conditions. This will warrant aggressive awareness measures.

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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**

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