BONE HEALTH

Dr. Alka Kumar M.D (OBGYN)
&
Team Manch Sudha
International Menopause Day
October, 18th 2021

World osteoporosis Day
20th, October 2021

Theme 2021:
Bone Health
From Adolescence to Menopause

The aim of these dates is to raise awareness of midlife health. Support options available for improving health of women.
Team Manch Sudha

- Manch Sudha is a forum to educate people on mid-life health. Manch Sudha was formed by:
  - Dr. Alka Kumar M.D (OBGYN) member of International Menopause Society and Past President of Indian Menopause Society (Nagpur Branch, 2011-2013),
  - Dr. Kanchan Sortey M.D (OBGYN) Past President of Indian Menopause Society (Nagpur Branch, 2015-2017)
  - Dr. Radha Agrawal, BPTH
  - Mrs. Manisha Kadu, MSW
Osteoporosis

- Osteoporosis; silent killer. No signs and symptoms.
- Preventable disease.
- Density and quality of bone is reduced. Hence risk of fragility fracture is increased.
- More than 20% of women over the age above 50 years are osteoporotic.
- Osteoporosis is a major public health problem.
Key Factors In Bone Health

- Nutrition rich in Calcium
- Vitamin D and C.
- Proteins
- Exercise
- Avoidance of risk Factors
- Supplementation

- संतुलित कैल्सीयम विटामिन D पोषक आहार
- विटामिन C
- प्राथिने
- व्यायाम
- जोखिम कारकों का परिहार
- कैल्सीयम और विटामिन D का अनुपुरन
<table>
<thead>
<tr>
<th>Foods That Contain Calcium</th>
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<td>Broccoli</td>
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<td>Bok Choy</td>
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<td>Sapote</td>
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<td>Sesame Seeds</td>
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<td>Asparagus</td>
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*For Beauty*
The Calcium Rich Foods

- Moringa Fresh leaves 440 mg & dried leaves 2003mg
- Finger millet (Ragi) 344mg calcium
- Sesame Seeds. 975 mg /100 gms
Vitamins and Proteins

- Vitamin C
- Vitamin D
- Proteins
Benefits of Exercise

• Exercise improves strength and endurance.

• It helps to build healthy bones and muscles.

• It helps to control weight.

• Reduces anxiety and stress.

• It increases self-esteem.
Exercise Regularly

Exercising 30 minutes a day, either in a row or broken up, is beneficial to your health.
Prevention

- Stop smoking
- Calcium
- Vitamin D
- Medication
- Weight-bearing exercise
- Reduce alcohol
- Preventing osteoporosis in all women

- Check your risk factors

- जोखिम कारकों से परिहार
- निम्नलिखित का सेवन टालिएः
  - धूनपान
  - सॉफ्ट पेय
  - मद्यपान।
  - चाय या कॉफी
Vitamin D And Calcium

- Vitamin D3 (VitD3) known as Sunshine Vitamin.
- India has abundant sunlight, still its population is VitD3 deficient.
- Regulates absorption of calcium.
- VitD3 is crucial to heal fractures and strengthen muscular skeletal health.
- VitD3 prevents osteoporosis.
- Recommended Dose 1.5K-2K IU/Day.
- Calcium (Ca) provides skeletal strength and structure.
- Ca is beneficial only in presence of VitD3.
- Ca is important for muscle control and blood circulation.
- Body gets calcium from foods like green leafy vegetables and dairy products.
- Calcium Recommended Dose 1200mg / day
Acknowledgements

- Dr. Prabhat Ranjan, Physiotherapist, AIIMS, Delhi
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- Dr. Sanjay Bajaj, Orthogeriatrician, Nagpur
- Dr. Swati Bajaj, General Physician, Nagpur
Healthy Bones, Strong Women at 60
Act Now at 30
Thanks