

Osteoporosis ...



Healthy Habits , Healthy Life , Healthy India

What is Osteoporosis?

A systematic skeletal disease characterized by low bone mass, increase of bone fragility and susceptibility to fracture

Symptoms

Aches and pains
Loss of height
Fractures of the Hip, Spine, Wrist
Disability

Risk Factors

Age : > 45 yrs in Female and > 60 yrs in Male
Lifestyle - lack of exercise
Low Vitamin D in take
Low calcium intake
Smoking

Osteoporosis Can Lead to Irreversible Deterioration of Bone Structure

Universal Recommendations to maximize & preserve bone mass.

TAKE CALCIUM EVERYDAY

Calcium > 1200 mg/day + Vitamin D 400-800-I.U./day

Milk	240 ml	300 mg
Curd	240g	400 mg
Paneer	25 g	300 mg

+ 250mg from non dairy sources like Egg yolk/
Salt water fish/Liver

Life style & osteoporosis prevention

- Be ON YOUR FEET
- Exercise at least 3 hours per week
- Take a meal rich in Calcium and Vitamin D
- Consume Adequate calories
- Avoid Smoking

Do you know ?
Exercise reduces
Calcium loss from
bones

