

IMPACT-Nepal

Public Education Corner



IMPACT-Nepal
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We plan to publish relevant articles in our bimonthly publications. These articles are written or published without any bias and are based on standard care. The information or views are from the author. If you have any question, we will forward them to the author and follow up with you through email or Facebook.

Neel Amatya, MD



Osteoporosis



OSTEOPOROSIS

A condition in which our bone loses mineral and mass leading to loss of strength leading to fracture (fragility fractures) of bones like hips, wrist, spine with minimal

Are your bones really strong?

How Common is Osteoporosis?

1 in 3 women >50 years of age and 1 in 5 men will experience osteoporotic fractures in their lifetime.

Risk Factors:

- Smoking and alcohol use
- Low calcium and vitamin D intake
- Weight loss
- Recurrent falls
- Family history of osteoporosis
- Some medications (like steroids, proton pump inhibitors)
- Rheumatological diseases, diabetes, COPD, hyperparathyroidism, hyperthyroidism, malabsorption, etc



Screening :

- Women age 65 or older; Men age 70 or older
- Women and men age 50-69 based on risk factor profile

Prevention and Treatment:

- Take calcium 1000-1200 mg per day.
- Vitamin D 1000 Units per day.
- Increase calcium rich food in your diet.
- Sunlight for natural vitamin D
- Weight bearing exercise.
- Prevention of falls indoors and outdoors. Make sure you have good lighting in your home and stairs, use non-skid mats or rugs, use cane or walker if required.
- Follow your doctors advice regarding medications.

Neel Amatya, MD, ECNU

Osteoporosis For Health Professionals

Mike Jess



Osteoporosis For Health Professionals:

Embark on a transformative journey with is captivating work, Discover the Magic in **Osteoporosis For Health Professionals** . This enlightening ebook, available for download in a convenient PDF format PDF Size: , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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