

# Preventing bone diseases in the elderly

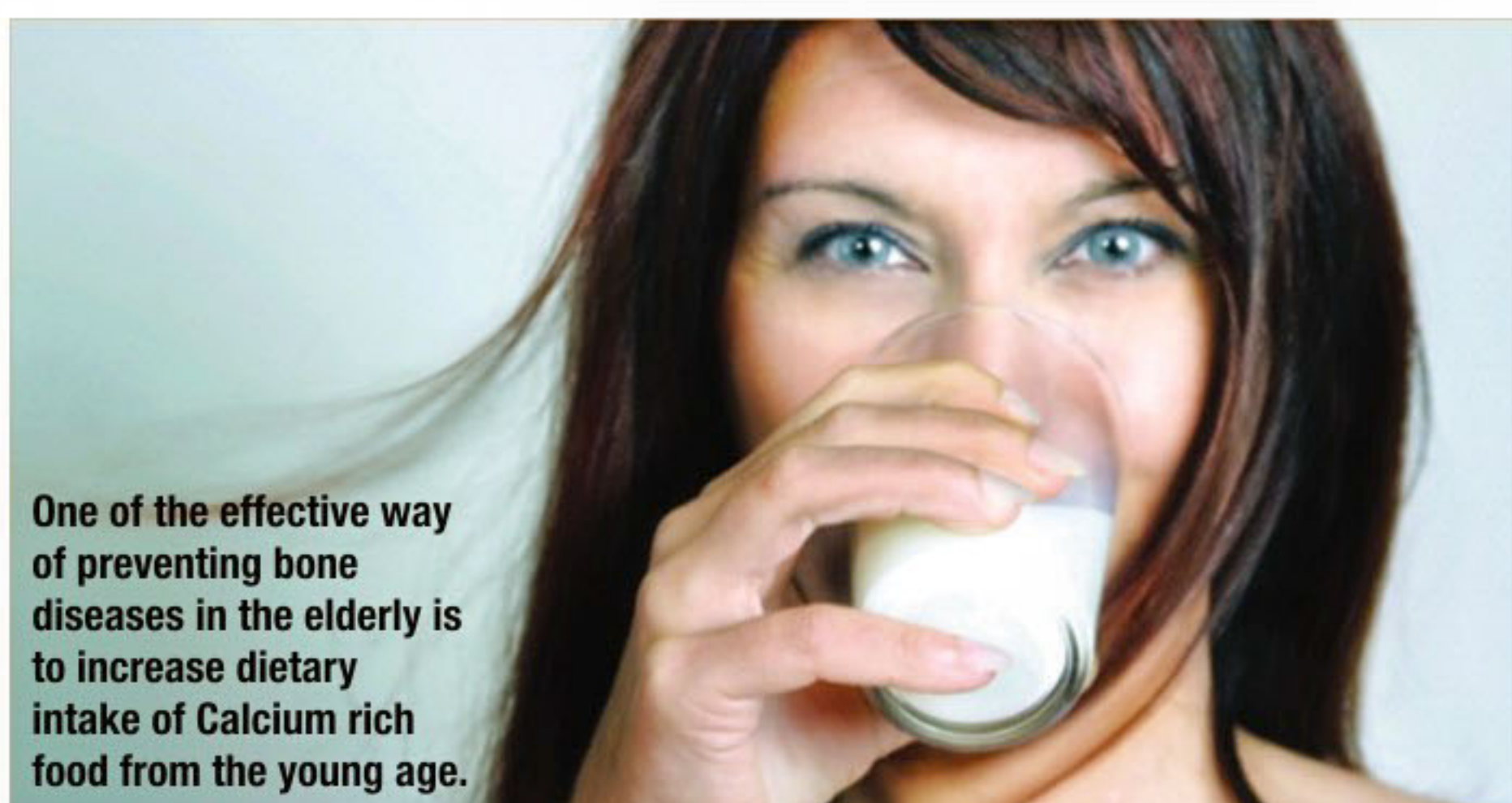
DR M AMJAD HOSSAIN

Osteoporosis, a condition when bone becomes porous most commonly appears at older age. It is the thinning of bone tissue and loss of bone density over time. This results in brittle, fragile bones that are more prone to fractures, especially of the spine, hip and wrist joint.

It has turned into a silent epidemic around the globe. Every one out of three women and every one out of five men suffer from Osteoporosis in Bangladesh.

Osteoporosis occurs when the body fails to form enough new bone and when too much old bone is reabsorbed by the body. During youth, new bones are formed very fast. But after the age of 30, despite regeneration, bone loss occurs more than bone development. With the advancement of age, there is advancement of bone loss and there is risk of fall and fracture due to fragile bone.

Family history of Osteoporosis, irrespective of gender, age, race and usage of tobacco, calcium deficiency, excess



One of the effective way of preventing bone diseases in the elderly is to increase dietary intake of Calcium rich food from the young age.

intake of medicine, idle lifestyle, drinking of alcohol for a long time, drop in estrogen in women at the time of menopause are the main reasons of excessive bone loss.

Osteoporosis develops on weight bearing bones like hip, vertebrae, knee etc. The fatal consequences are fracture in bones of waist and collapse of the spinal bones.

Earlier, hormone therapy was the only treatment of Osteoporosis. Because of side effects and discovery of various replacing medicine, hormone therapy is rarely used any longer. But in some cases, hormone therapy works well. Medicine used in the treatment of Osteoporosis include various types of hormone, calcium tablets. But they should not be taken

without advice of physicians.

In order to prevent osteoporosis, people should raise their body bone mass. Peak bone mass is created in our body within 30 to 35 years of age. At this period, people should do regular exercise, participate in games and sports and jogging along with their regular activities. We should encourage all forms of physical exercise including walking, jogging.

Intake of calcium rich food like milk and dairy products, dark leafy vegetables like spinach, nuts and soya food to provide body adequate amount of calcium is also essential and should maintain from the growing age.

Aging is one of the main reasons of Osteoporosis. This is why, we must have to take care of elderly people both male and female.

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## INSPIRATION

### Young scientist addressing in't medical leadership

Dr Tanvira Afroze Sultana, a Senior Scientific Officer of BIRDEM Hospital was the only physician from Bangladesh to serve on the inaugural Inter Academy Medical Panel (IAMP) Young Physician Leaders (YPL) programme held during the third World Health Summit in Berlin, Germany, says a press release.

The purposes of the YPL programme are to develop leadership skills among young physicians who are potential future leaders. Top issues discussed in the YPL workshop were the leadership challenges in the developing and developed world. For the outstanding leadership skill in research, Dr Sultana was chosen in a competitive way by IAMP after it sent out a global call for nominations for physicians aged 40 years or younger.

Dr Sultana expressed that potential young physicians of the country should be supported by the authorities to bring changes in the overall health situation of our country. It is imperative to bring a change in the mind-set of the young physicians so that they learn to think beyond their clinical practice and involve themselves more in research and development.

Dr Tanvira Afroze Sultana, a co-author of the article entitled "IAMP tackles a void in medical education: leadership" published in The Lancet, can be reached through e-mail: tanvira\_sultana@yahoo.com

## HEALTH bulletin



### Overeating linked to memory loss!

People over 70 eating more than 2,100 calories per day, have nearly double the risk of memory loss, or mild cognitive impairment (MCI), according to a study released in the American Academy of Neurology's 64th Annual Meeting. Researchers said that the higher the amount of calories consumed each day, the higher the risk of MCI. They recommend cutting calories and eating foods that make up a healthy diet may be a simpler way to prevent memory loss as we age.

### Heart attack with no chest pain more likely in women

Women, especially at younger age, are more likely than men to show up at the hospital with no chest pain or discomfort after having a heart attack, a new study published in Journal of the American Medical Association suggests. Those symptoms, or lack of symptoms, can result in delayed medical care and differences in treatment and more likely to die or face fatal consequences.

Source: BBC

## Foot pain caused by your lovely shoes!

DOLILUR RAHMAN

Foot pain is commonly caused by shoes that do not fit properly such as pointed-toe, high-heeled shoes etc. As the weight and force during walking is transferring through feet, suitable shoes or footwear is essential for appropriate support of the feet and transmit pressure properly.

The feet are very small compared with the rest of the body, the impact of each step exerts tremendous force upon them. This force is about 50 percent greater than that of a person's body weight. During walking, this force is travelling from heel to mid lateral arch and passing through ball of the big toe. If shoes are not properly fitted with the feet, the forces are scattered in wrong directions that may exert more pressure and result pain in the toes, forefoot, hindfoot.

Some common conditions and recommended footwear:

- When there is Corns and Calluses (thick, dead, yellowish, hardened layers of skin) that develop around toes, use a wide (box-toed) shoes, soft cushions under heel is recommended.

- For toenails which curling into skin causes pain, swelling and sandals or open toed shoes should be used.

- Metatarsalgia is the acute, recurrent or chronic pain in the ball of the foot. A wide shoe, orthotic with pad, gel cushion,



ions, metatarsal bandage can reduce pressure.

- In case of pain and swelling in the ball of foot beneath big toe, a low-heeled shoe with stiff sole and soft padding inside is recommended.

- Heel spurs in the back of the arch right in front of heel and pain is most severe with first steps after getting out of bed or after rest. In the shoe, a cut quarter-size hole surrounding painful area and silicon gel heel cushions can make you feel better.

- Flat feet in the arch of foot can cause discomfort, fatigue and weakness in the feet and sometimes can produce pain. A custom-made insole with medial arch support shoe can be helpful.

- Hollow feet or high arch can cause lower back pain and possible tendency to lower limb injuries. A custom-made insole with proper arch support shoe can be helpful.

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## Burned out at work?

### Check these possible warning signs

While some stress on the job can help you stay on top of things, too much stress can lead to burnout. This can affect your job performance, not to mention your physical and mental health.

The Cleveland Clinic cites these warning signs of burnout at work:

- Needing to take off a lot of days
- Having poor job efficiency and reduced productivity
- Becoming bored and feeling depressed
- Developing a negative attitude



## Seminar addressing community paramedic

STAR HEALTH REPORT

With a view to addressing the challenges of community paramedics in Bangladesh and ways to move ahead, TARSAN-CSO, a healthcare project by Swisscontact in collaboration with Research, Training and Management (RTM) International Bangladesh held a consultative meeting recently at a local hotel in the city, says a press release.

The dialogue titled "Community Paramedic — An Introduction to Accessible and Quality Healthcare Delivery for Rural Bangladesh" highlighted the need



of training of community paramedic to fill the acute shortage of human resources for healthcare to provide maternal and child health and other reproductive health services at union level and below.

Community Paramedic (CP) course has already been developed, but wait-

ing for its final approval by the government body.

Experts and representatives of different organisations who took part in the meeting urged the authority concerned to expedite the process of affiliation, and for the smooth functioning of the quality CP training course.

## Knowing for better living

### In Bangladesh ...

37% neonates are born with low birth weight !

Initiate breastfeeding within one hour of birth

Avoid prelacteal foods like honey or water

Ensure adequate nutrition for mother

Ensure exclusive breastfeeding for first six months

Ensure postnatal care for mother & neonate

Consult your Doctor



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