

Keeping osteoporosis at bay

Many believe that the 30s are the best age to be in; they also say real happiness begins after 33. But doctors seem to rebuff the idea with foreboding lines like 'ticking biological clock' and 'ascending osteoporosis'. While we prioritise issues related to the reproductive system, we are kind of laid back about

'Osteoporosis' is a disease of the skeletal system; people with osteoporosis have bones that are weak and brittle. Even though osteoporosis is an illness that affects mostly menopausal women in their 50s, the onset of the disease begins earlier.

Improper diet, lack of exercise and an unhealthy lifestyle are the main contributors to the disease, but genetics also play a part.

HOW WILL I KNOW WHETHER I HAVE OSTEOPOROSIS?

Yes, this might be the next big question that comes to mind. Does it mean that we should be alarmed whenever our body aches a little? Not exactly! All body pain is not linked to osteoporosis; they can be all sorts of things. The red flags go up only if the pain is consistent and recurring. We can finally put our confusions to rest with medical tests that can help us find our bone density. One such test is called X-ray absorptiometry, which cautiously predicts the risk of having low bone density and the possibility to any breaking bones in the future.

HOW TO PREVENT OSTEOPOROSIS?

The easiest answer to the question above would be exercising the bones. Just like muscles, the bones get stronger with a good workout. Weight bearing exercises like aerobics, dancing, jogging, etc. are best suited for bone mass build-up.

Adequate intake of calcium and vitamin D is also important.

Knee Osteoarthritis



When our body lacks enough calcium, it makes up for it by siphoning it from our bones. This means that we start losing bone mass. Therefore to make up for the loss and keep an adequate supply it is very important that we have this particular nutrient in our daily diet or get it from supplements.

Calcium is best absorbed by the body when combined with vitamin D. The easiest way to get enough vitamin D is with a little bit of outdoor time that allows our skin to absorb enough sunlight. We can also get it from few special foods like liver, cheese, egg yolks, etc.

WILL EXERCISE, INTAKE OF CALCIUM AND VITAMIN D ENSURE A PERFECT OSTEOPOROSIS FREE LIFE?

We really wish the answer was that easy, but unfortunately few bad habits like alcoholism and smoking may also lead to a thinner bone mass.

SO, WHAT IS THE SOLUTION?

It is quite simple; we need to stop drinking and smoking. Additionally we need to avoid over-exhausting ourselves with too much exercise. It's true that too much of anything is bad including exercise. It might ultimately lead to thin bones, lack of a routine menstrual cycle and low oestrogen levels.

Physicians usually say that 'osteoporosis' is a disease that is preventable and highly manageable with proper care. Our lives should follow a routine life that includes adequate exercise and a balanced diet and thus bid adieu to unwanted back, knee or joint pain in old age.

By Mehrin Mubdi Chowdhury

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