

Healthy bone



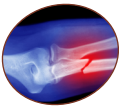
Osteoporosis

WHAT IS OSTEOPOROSIS¹?

Osteoporosis is a common problem caused by low levels of calcium and vitamin D that causes your bones to become abnormally thin, weakened, and easily broken (fractured).

Osteoporosis does not cause symptoms in the early stages of the disease.

As osteoporosis progresses, you may observe the following:



Bones break easily even with low pressure



Bone pain



Joint pain



Sudden back pain



Stooping and height loss

Do's & Don'ts

Eating Right!



Try and include dairy products like milk, yoghurt and green veggies like peas, cabbage, spinach etc.



Quit smoking and alcohol

Staying Active



Do weight-bearing (low impact) exercises (walking, dancing, stair climbing) at least 3-5 times per week.*



Avoid Toe Touches, forward Bending and Sit Ups

*If you feel pain or discomfort, discontinue exercise and consult your doctor.

Lifestyle Changes



Get enough Vitamin D: Sunlight is best source of Vitamin D.*



Avoid heels, wear supportive, low-heeled shoes, even at home.

*Not only vitamin D, Vitamin B 12 and Omega 3 fatty acid also play a major role in Osteoporosis.

Preventive Measures¹

Adhere to your doctor's advice

Do not Self-medicate

Do regular check-ups and testing

Doctor is your best guide adhere to his advice.

