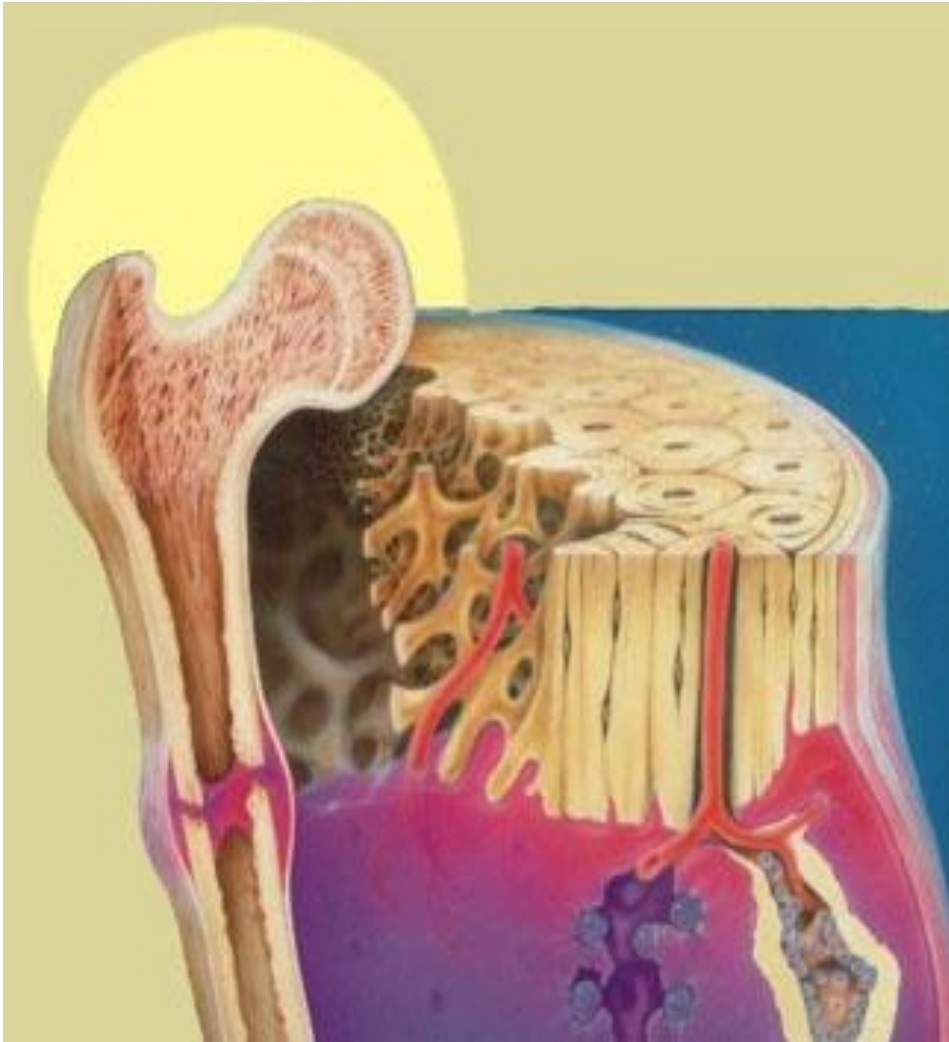


# OSTEOPOROSIS A SILENT KILLER

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# Understanding Bone



Bone is a living, growing tissue . . .

Throughout life, constant renewal of the bone takes place by  
**BONE REMODELLING**

# Bone Remodeling

Upto 35 yrs of age...

Bone formation is greater than bone loss  
Therefore bones are stronger

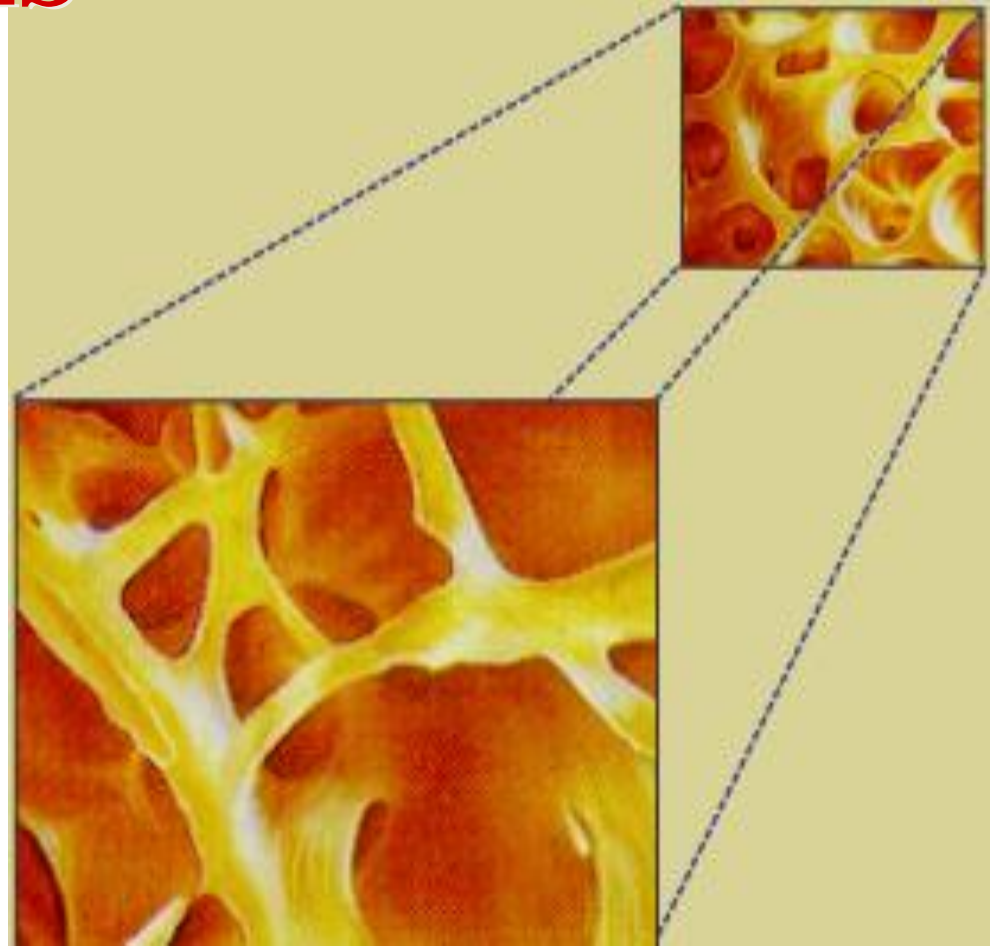
After 35 yrs of age ...

Bone loss is greater than bone formation  
Therefore bones becomes fragile, more likely to break

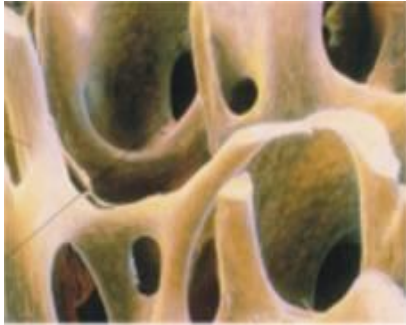
# Osteoporosis

## Porous Bones

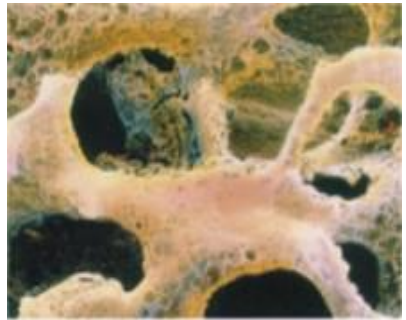
A complex disease affecting strength of bones due to rapid decline in bone mass



# Osteoporosis



- Calcium, major building blocks of bone & bone tissue is lost



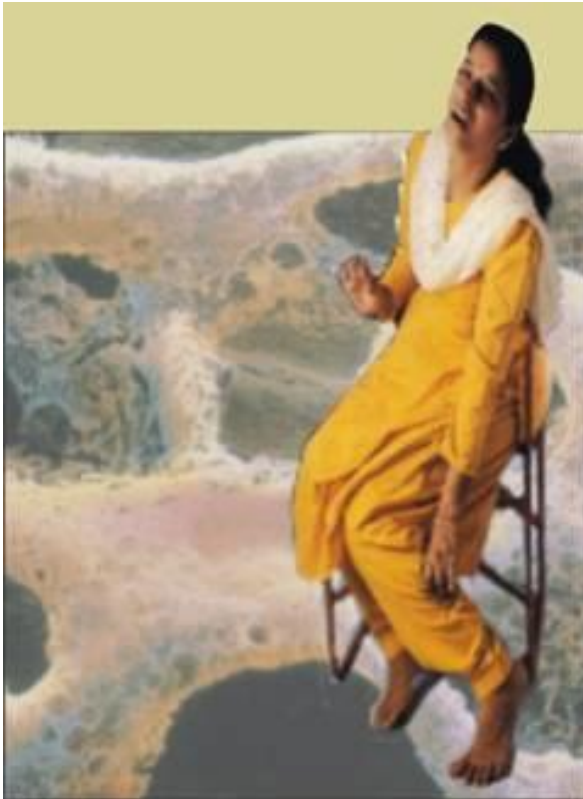
- Outer shell of bones becomes thinner & inner honeycomb develops larger holes



- Bone becomes more fragile & are more likely to break

# Osteoporosis

Knowing if you are at risk . . .



Advancing age

A thin, small boned frame



# Osteoporosis

Knowing if you are at risk . . .



A diet  
low in calcium

Broken bones or stooped posture  
in older family members  
especially in women



# Osteoporosis

Knowing if you are at risk . . . .



A lifestyle with little or no exercise



Early estrogen deficiency in women who experience menopause before 45 years of age, either naturally or resulting from surgical removal of

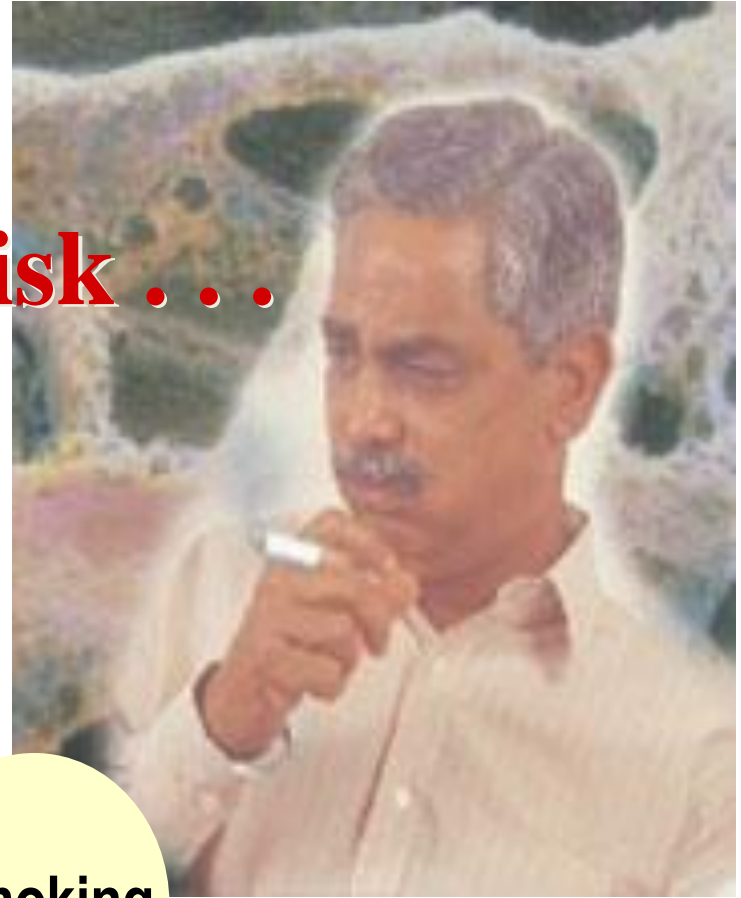


# Osteoporosis

Knowing if you are at risk . . .



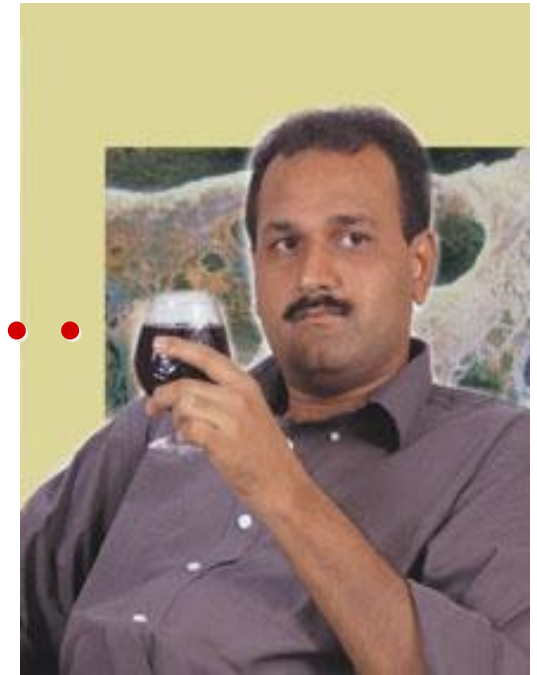
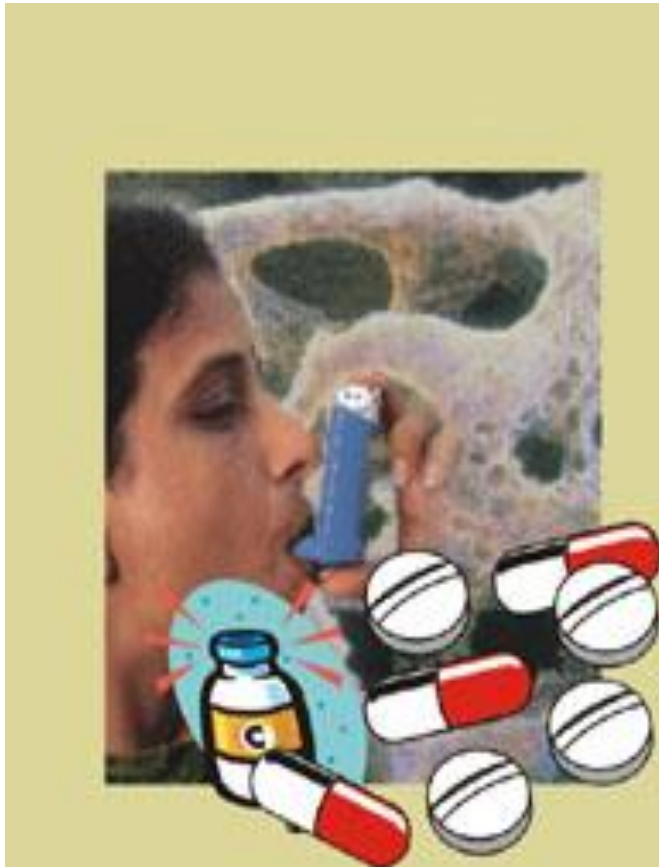
**Estrogen deficiency as a result of amenorrhoea  
(absence of menstruation)**



**Smoking**

# Osteoporosis

Knowing if you are at risk . . .

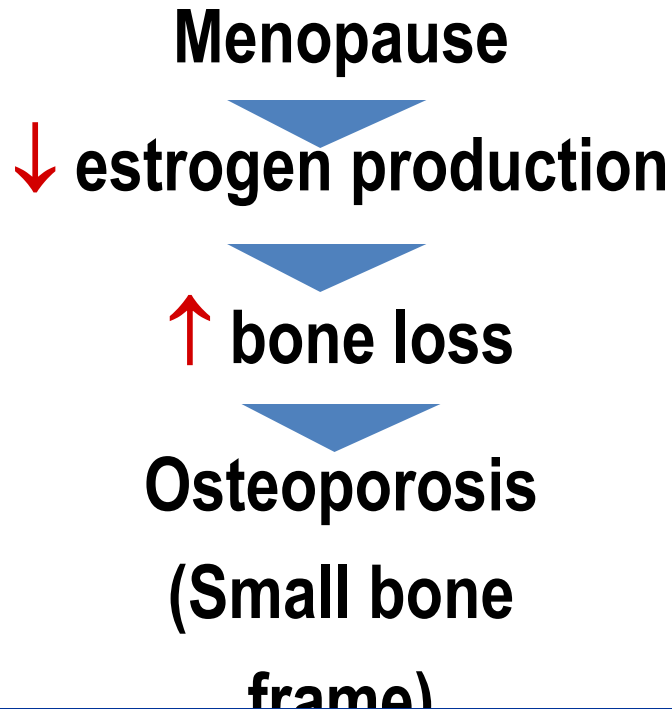


**Excessive intake of  
alcohol**

**Prolonged use of certain  
medications e.g.  
glucocorticoids (medicines  
used to treat asthma)**

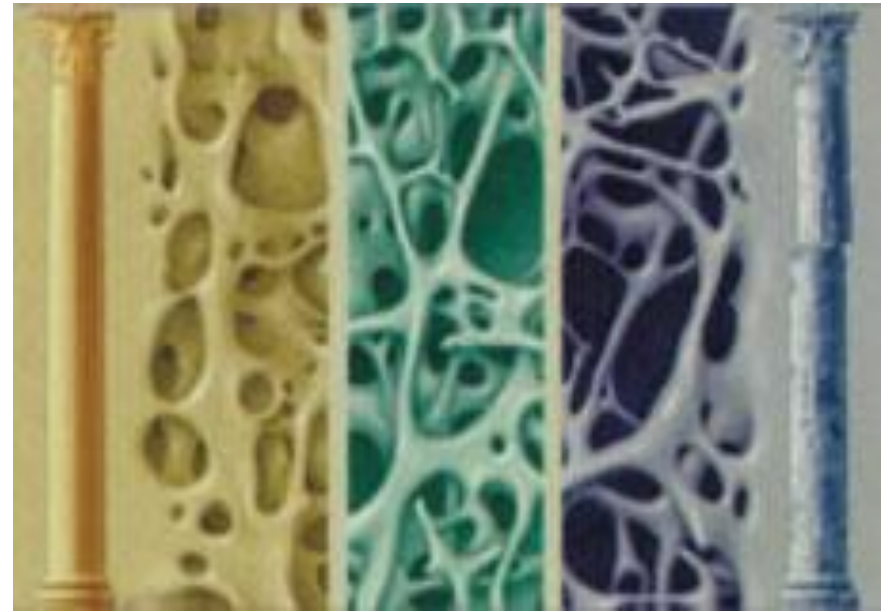
# Osteoporosis

You are at higher risk if...



Women are 5 times more likely to suffer from Osteoporosis than men

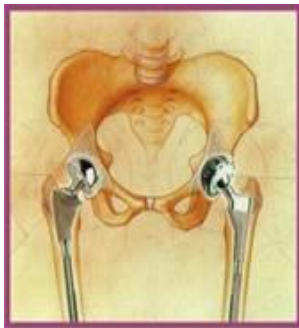
# Osteoporosis



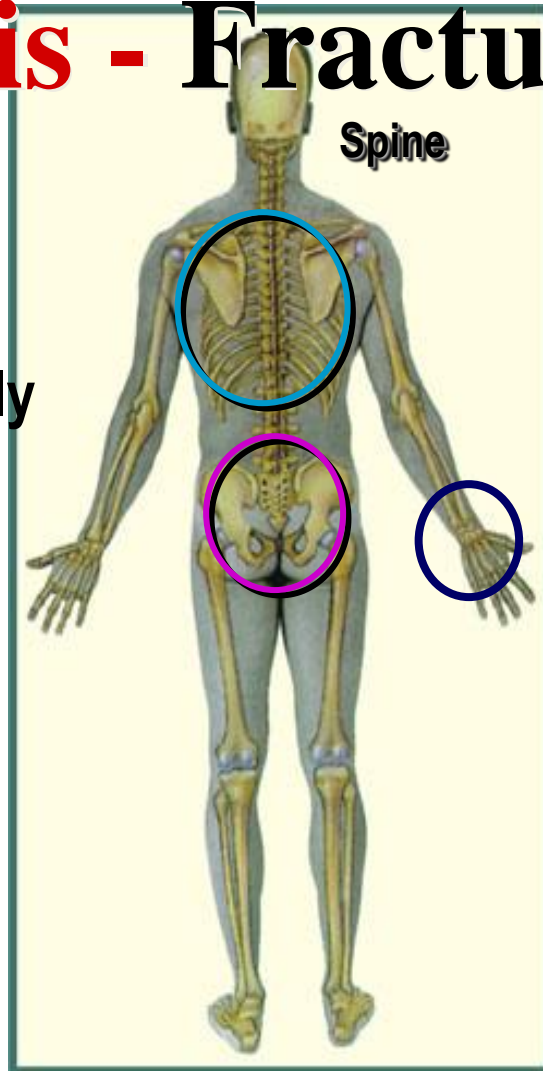
**If Osteoporosis is not prevented or is left untreated, it can progress painlessly until a bone breaks i.e. fracture**

# Consequences of Osteoporosis - Fractures

Fractures typically occur at



Hip



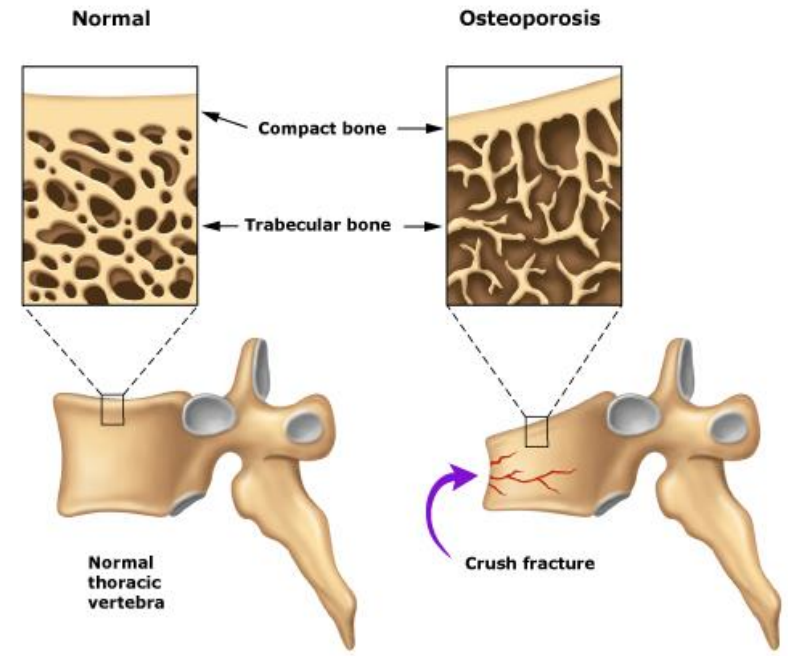
Wrist

# Osteoporosis can result

in



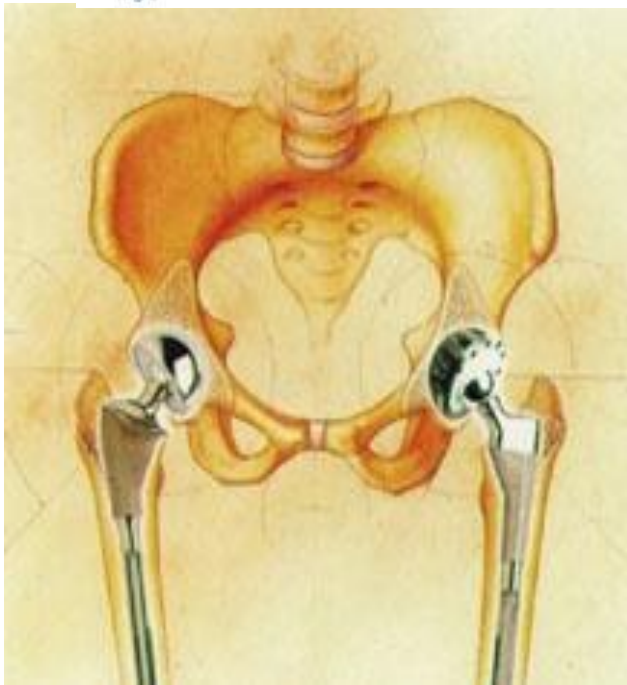
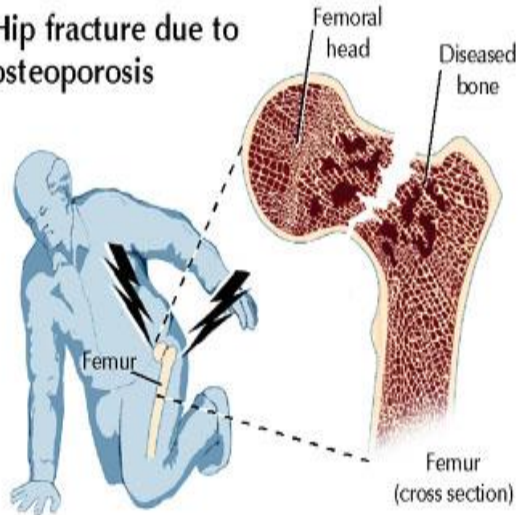
loss of height  
leading to  
stooped posture



# Consequences of Hip

## Fractures

Hip fracture due to osteoporosis



Confinement to bed & inability to move around

# How is Osteoporosis diagnosed?



**X**  
**Rays**



**Biochemical**



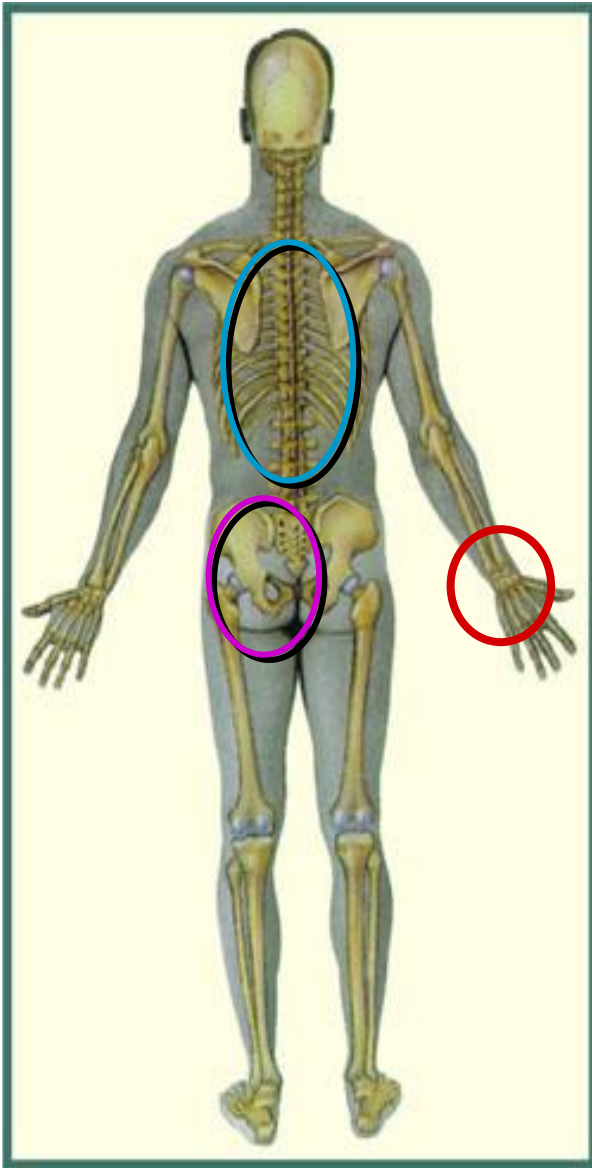
**Bone** **Densitometry**



**DEXA SCAN** IS  
THE MOST  
SENSITIVE  
AND  
INFORMATIVE  
FOR  
DIAGNOSIS OF  
OSTEOPOROSI  
S



# Treatment goals



**Stabilize existing  
skeleton**

**Stimulate bone growth  
and**

**Prevent fractures**

# Osteoporosis



**Eat high-calcium foods, exercise regularly  
and do not smoke at young age to prevent ...**

# How to preserve bones in advancing age



**Diet rich in calcium**

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**Consult your doctor for drug therapy**

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**Exercise**

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# Calcium plays an important role in maintaining bones

## Important dietary sources of calcium

Foodstuffs	Calcium content mg/100g	Foodstuffs	Calcium content mg/100g
Milk and milk products:		Cereals	
Milk, cow' s	120	Ragi	330
Milk, buffalo	210		
Milk, goat	170	Green leafy vegetables	
Curds	120-210	Carrot leaves	340
Milk powder, whole	1200	Drumstick leaves	810
Milk powder, skimmed	1370		
Cheese	790	Fish :	
Khoa (from buffalo milk)	650	Small fish, dried	1800
Oilseeds and nuts:			
Sesame seed	1450		
Sesame seed (without skin)	150		

# IMPORTANT SAFETY MEASURES

**Watch out for wet floors,  
clean up spills  
immediately**

**Keep halls, stairs  
well lighted**

**Wear sturdy, low-  
heeled  
soft-soled shoes**



WISH YOU ALL A VERY HEALTHY AND COLORFUL LIFE IN MOTION



# Big Old Life

rani arbo & daisy mayhem

