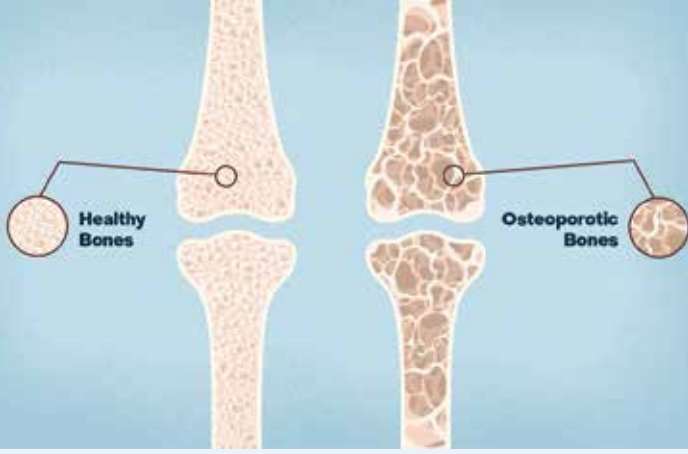


Osteoporosis



Causes, prevention & treatment:

Osteoporosis is a condition which is extremely common.

Osteoporosis is seen more commonly after the age of 50 and is more commonly seen in women, especially the elderly.

It is more commonly seen in women after attaining menopause. After menopause, the positive affects of female hormones is lost, causing the bones to weaken.

Osteoporosis means a reduction in the density of the bones. It affects all bones, except perhaps the skull bones.

Osteoporosis is also common in heavy smokers and alcoholics and in those who use certain medicines like steroids.

Osteoporosis is also more common in inactive and in bed-ridden patients.

In osteoporosis there is generalized bone pain. In severe osteoporosis, walking or standing may be painful. It can also cause bending in the legs or shows as a hump in the neck, especially in the elderly.

It is very important to treat osteoporosis early. If not adequately treated, it can cause fractures in the hip, spine or the wrist (most commonly). Fractures in these three areas can cause increased morbidity, disability and mortality. There is a lot of cost to the patient for surgical fixation of the broken bones.

We have the expertise to prevent osteoporosis and treat early osteoporosis with special scans, tests and special treatment protocols. If unfortunately, there is a fracture, then we also have the skills to fix the fractures in an expert manner.

Ways to prevent osteoporosis:

1. One of the best ways to prevent osteoporosis is to have a balanced diet, rich in good quality protein, vitamins and nutrients.
2. Avoidance of smoking and alcohol can prevent loss of bone density.
3. It is a good practice to expose oneself to early morning sunlight. UV light in sunlight helps to convert the inactive form of vitamin D to active form, which gets absorbed.
4. Patient also needs to have checks for body balance, eyesight and neurology, by other specialists, to prevent falls.

Falls result in the greatest number of fractures in the elderly. So, it is imperative to prevent falls.



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