



Take the journey

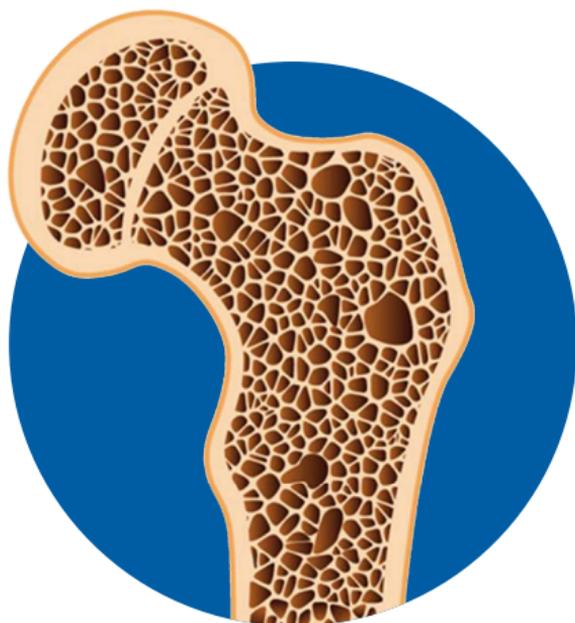
from

Fragile
to Fearless

with Osteo-habits

What is Osteoporosis?

Osteoporosis means “porous or weak bones.” It is a condition where bones become thin, fragile, and more likely to break even with a minor fall or during routine activities like bending or lifting.



Who is at Risk?

You may be at higher risk of osteoporosis if you:

- Are a woman who has reached menopause (Because risk increases due to lower estrogen levels)
- Are a man over 60 years of age
- Have a family history of osteoporosis
- Have low body weight or poor nutrition
- Smoke or consume alcohol regularly
- Take long-term steroids or certain medications
- Lead a sedentary lifestyle with low physical activity

Common Signs and Symptoms

- No symptoms in early stages (“silent disease”)
 - Back pain, especially in elderly
 - Loss of height, stooped posture
 - Fractures of wrist, hip, or spine after minor fall
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How Can You Prevent Osteoporosis?

1. Eat a Bone-Healthy Diet

Include foods rich in:

- **Calcium:** Milk, curd, paneer, ragi, til (sesame seeds), almonds, green leafy vegetables, fish.
- **Vitamin D:** Morning sunlight exposure (20-30 minutes daily), fortified foods, supplements if advised.

2. Stay Physically Active

- **Weight-bearing exercises:** Walking, jogging, skipping.
- **Strength training:** Light weights, yoga, Surya Namaskar.
- **Balance exercises:** To reduce fall risk.

3. Maintain a Healthy Lifestyle

- Avoid smoking and excessive alcohol.
- Keep a healthy body weight.
- Short sleep duration is associated with lower BMD and higher risk of osteoporosis.

4. Prevent Falls at Home

- Use non-slippery anti skid mats and ensure proper lighting.
- Install handrails in bathrooms and staircases.
- Wear comfortable, supportive footwear.





Green leafy Vegetables

- **Drumsticks or Moringa:** 150 grams have 440-450 milligrams of calcium.
- **Spinach:** 100 grams have 99 milligrams of calcium.
- **Broccoli:** 100 grams have 47 milligrams of calcium.



Millets

- **Ragi:** 100 grams have 344 mg of calcium
- **Jowar:** 100 grams have 25 mg of calcium
- **Bajra:** 100 grams have 42 mg of calcium
- **Maize:** 100 grams have 10 mg of calcium



Non-Vegetarian Sources of Calcium

- **Eggs:** 1 egg has 27 mg of calcium
- **Fish:** 100gms has 20-34 mg of calcium
- **Chicken:** 100gms has 15 mg of calcium

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