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Good Thoughts, Good Words, Good Bones: The Complete Navroze Package!

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As we welcome the New Year with wishes for health, happiness and new beginnings, we get busy with family, feasting and making plans. But amidst the celebration, one important aspect often gets overlooked - our bones. Even as we enjoy festivities and traditions, our bones are quietly ageing with us. And like anything valuable, be it our silver heirlooms or vintage cars, they deserve care to stay strong.

The Hidden Danger Lurking: Bone loss, or osteoporosis, is referred to as the 'silent thief' as it develops without symptoms, often displaying symptoms like a fracture after a minor fall. Osteoporosis can lead to 'Fragility Fractures' which can occur in osteoporotic patients with just a trivial fall as their bone density is compromised, compared to people with healthy bones. Fractures of the spine, hip and wrist may mean painful surgeries, long recovery, and missing out on simple pleasures like a morning walk or those Irani cafe breakfasts we love! The good news? Many of these incidents are preventable, but only if we start paying attention to bone health early.

Why Is Our Community More At Risk?

Petite Frames: Many of our elderly have smaller, lighter builds, which means lower natural bone density.

Indoor Lifestyle: We love sitting in our cozy homes, on the lazy chair, watching cricket and Netflix, solving crosswords, or planning the next tea party, with little sun exposure which

means low Vitamin D.

Dietary

Despite our hearty dhansaks, calcium intake falls short, even with all the new health trends (No, adding chia seeds to every food you consume will not suffice).

Ageing Population:

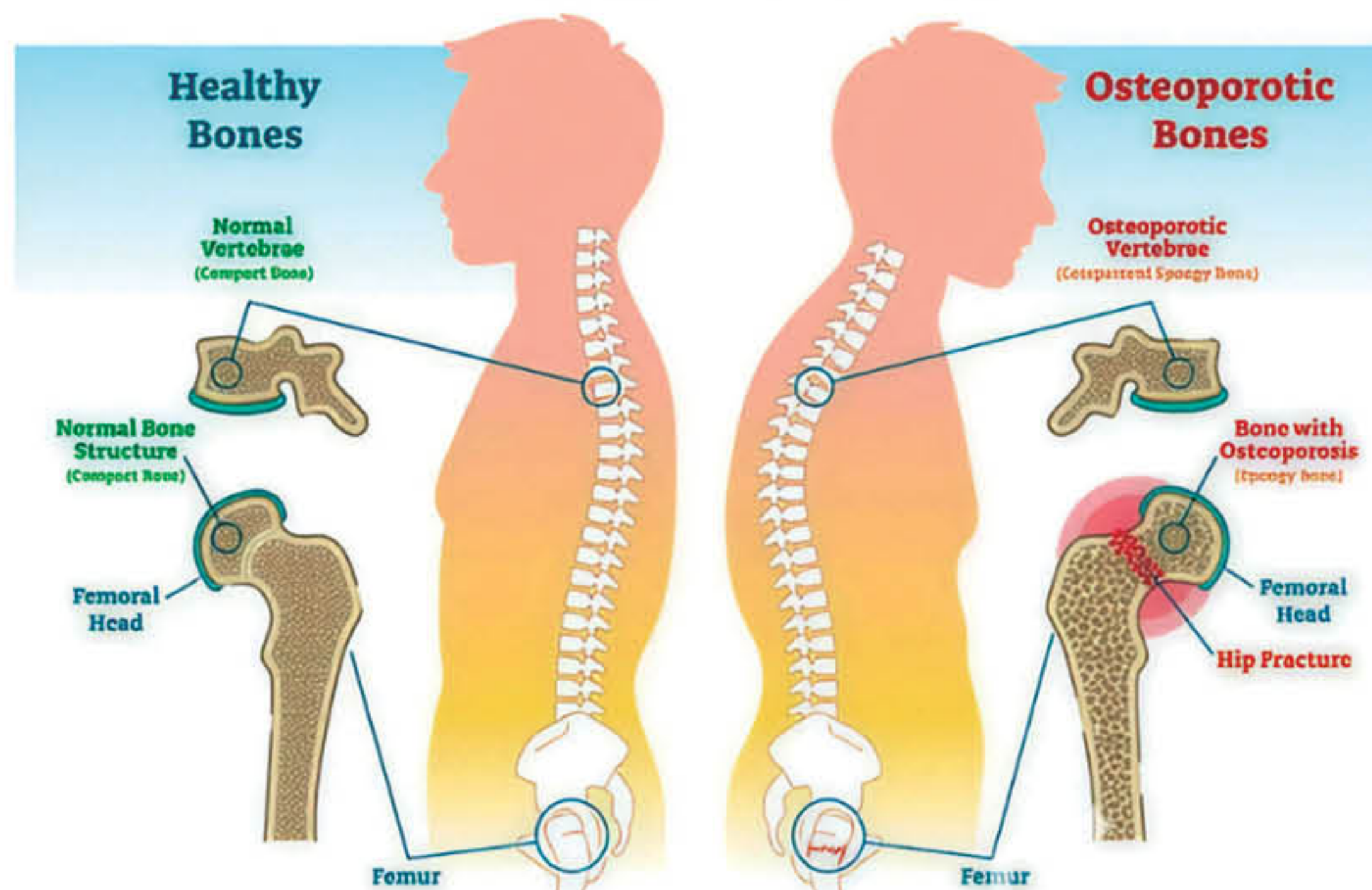
Our community is blessed with longevity, but with it comes brittle bones and increased fracture risks.

Genetic Factors: Communities like ours, naturally have lower peak bone mass.

Thus, a higher risk of weak bones, often goes unnoticed until a minor fall becomes a big setback. While standing atop a stool to dust shelves, you wobble and catch yourself, but endure soreness in your hip or knee for days. Or you climb a few steps only to feel your legs aren't quite as strong or steady as they once were. You wonder momentarily - is this just age, or can I do something about it? These small, everyday moments serving as early reminders, are unfortunately brushed aside.

Bone Health - A New Year Resolution Worth Taking: Don't wait for a serious injury to take action. With awareness and a few simple steps, we can protect our bone-

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health, stay mobile, independent, and continue enjoying life to the fullest - today, and for many years to come. This New Year, add bone-health to the list, to ensure that the only thing that slows you down is Mumbai's traffic, not your bones!

Bone-Health Checklist:

Get Screened: Women over 50 and men over 60 should visit their orthopaedic doctor and schedule a Bone Density Test (DEXA scan) if deemed fit. If you've had fragility fractures, kidney/thyroid issues, or take long-term steroids, get checked sooner.

Make Use of Sunlight: We spend so much on AC maintenance, but avoid free Vitamin D. Get 15-20 mins of sunlight, daily. Your bones will thank you.

Rethink Your Plate: Calcium isn't just for growing kids. Include paneer, curd, leafy greens, nuts and yes - chicken broth or topli paneer!

Keep Moving: Weight-bearing exercises like walking, stair climbing or light strength training support bone strength. Staying active helps more than just your fitness, it keeps you ready for family events and celebrations.

Fall-Proof Your Home: Simple steps help reduce fall risks - instal Grab-bars in bathrooms; use Anti-slip mats or tiles; Clear walkways of loose items such as slippers or loose rugs; keep rooms and corridors well-lit.

Mind Hormonal Health: Hormonal changes, especially post-menopause, impact bone strength. It's important to discuss bone health with your doctor during this phase, as early guidance and prevention go a long way.

Medical Management: Medications like Bisphosphonates, Teriparatide, Denosumab, along with Vitamin D and calcium supplements, can strengthen bones. (Do Not Self-medicate, speak to your orthopaedic specialist)

Common Bone Health Myths: "I drink milk, I'm safe": Milk helps, but you need Vitamin D, exercise and sometimes, supplements.

"Fractures are inevitable with age": Prevention works, fractures are not inevitable.

"Only women get osteoporosis": Men, especially over 65, are at risk too.

"I feel fine, so my bones are fine": Osteoporosis is silent. Regular checks are essential.

This Navroze, let's resolve to preempt any health issues with early screenings, spending more time outdoors in the sun, getting enough movement and mindful eating. Focus on your body's nutritional needs. Educate our elderly about bone health, because a community that laughs, eats and stays strong together, thrives together! So, let's toast to not just sweet ravo, but sweet news from our orthopaedic check-ups too! Here's hoping our bones carry us through many more New Years - hale, hearty and fragility free! **Sal Mubarak to all!**

[Disclaimer: The contents of this article should not be considered as formal medical advice. Kindly visit your orthopaedician for necessary treatments.]

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