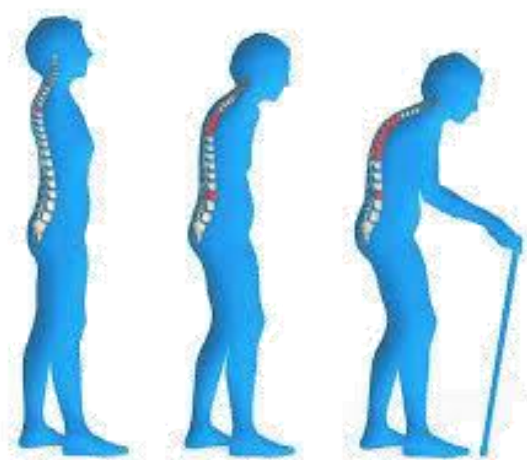
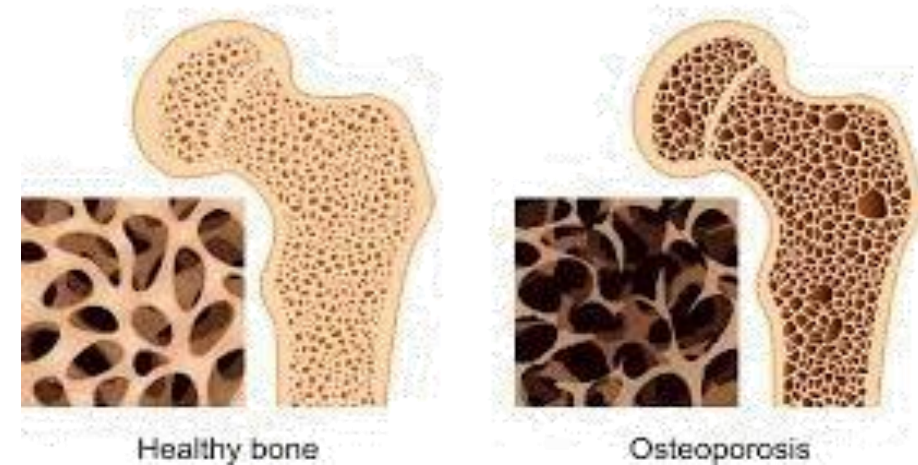


Osteoporosis

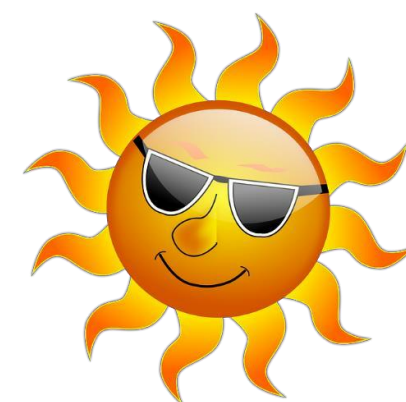
Osteoporosis is a condition where your bones become **weak** and **brittle**, making them **prone to fractures**.



It is a **silent disease** with no signs in the early stage.

Only at later stages, you may experience:

- ➡ Back Pain
- ➡ Loss of height with a stooped posture
- ➡ Fracture of the hip, spine or wrist



To **reduce** your risk of osteoporosis:

1. **Get enough calcium and vitamin D** in your diet

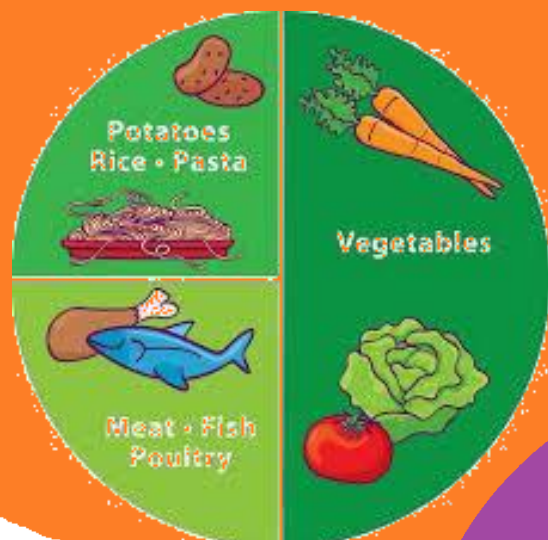
- ➡ High calcium foods (Cheese, milk, green leafy vegetables, etc.)
- ➡ Vitamin D: 30-60 minutes a day of sunshine

2. **Do regular weight bearing exercises** like brisk walking and dancing.

3. **Avoid smoking and limit alcohol intake**

4. **Reduce caffeine intake** (coffee & tea)

Eating healthy, balanced meals to keep up with your strength.



Eat regular meals, at least three times a day.

Missing meals can cause lack of energy, leading to weakness and dizziness.

Keep yourself hydrated. Drink enough/plenty of water to prevent dehydration.

Eat adequate amount of protein and calcium-rich foods.

See your doctor if you have poor appetite, problem swallowing or losing weight unintentionally.



DIET & SELF-CARE