

Basic Precautions to Prevent Bone Diseases

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DESCRIPTION

As we know our skeletal system gives support to the structure of our body, shape to our body, allows movement and act as a production unit of blood cells. So, everyone should take basic care about their bone health is important. Osteoporosis is most commonly occur bone disease in older adults, it make bone brittle and causes to fracture the bone. So everyone need to take appropriate nutrition, and maintain proper physical activity and avoid smoking. If people who are already suffering with bone related diseases, then they need to take appropriate medications because these drugs can prevent further bone breakdowns and repair and restoration of bone strength and mass. If any anyone having doubt about bone disease then need to take an early detection and start treatment process. When disease detection is late, it leads to fractures and cripple deformities.

Almost for all bone diseases have advanced treatment processes are available, they are rickets, bone disease associated with kidney failure, osteomalacia and hyperparathyroidism and for osteoporosis is no proper treatment is available. People who are having bone related disease need to take Bone Mineral Density (BMD) testing. With physician prescription, it's important to maintain calcium and vitamin D supplements in their diet plan. Taking anticipatory actions to reduce the possibility of occur disease is called prevention. Based upon the actions we take prevention is three types, they are primary, secondary and tertiary preventions. Primary prevention actions deal with disease or injury that could not lead to impairment. Secondary

type prevention is like a treatment process, in this process the actions deal with existing impairments and not to lead disabilities. Tertiary prevention is also like treatment it will slow or block the progression of a disability to a state of dependency.

Everyone should intake of an adequate level of vitamin D and calcium. The level of calcium intake is achieved by dietary sources of dairy and non-dairy products. The daily intake of calcium for a postmenopausal woman is 1200 mg in two or more doses in a day, and the total calcium intake should not exceed in a day is 2500 mg. The calcium supplements are calcium carbonate, calcium citrate and other calcium salts are available in the form of pills, liquids and chewable tablets etc. As we know that vitamin D is synthesized by sunlight exposure. But who are avoiding sunlight and does not drink milk are will suffer with vitamin D deficiency. In the frail elderly group people skin does not synthesize vitamin D as well younger people skin, so they need to take supplements of vitamin D. The recommended daily dose of vitamin D is 200 to 600 International Units (IU). The total intake of vitamin D in a day is does not exceed 2000 IU. Vitamin D deficiency will lead to secondary hyperparathyroidism with normal levels of blood calcium. If the deficiency seems severe it leads to rickets or osteomalacia.

The most recommended physical activity is to maintain 30 minutes of daily exercise. Physical activities can prevent form risk falling and improve bone mass. There is good evidence that proper nutrition and lifestyle can promote bone health and that pharmacotherapy can slow bone loss or even build new bone.

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