

### Am I at a high risk of osteoporosis?

A risk factor is something that increases your likelihood of getting osteoporosis. Risk factors for osteoporosis include – surgical removal of ovaries; medications that reduce estrogen levels; natural menopause.

These lead to fluctuation of hormone levels. Without adequate levels of estrogen, bones are not able to absorb the right amount of calcium to replace the bone cell loss. This loss of bone cells result in thinning and weakening of bone which leads to falls and fractures.

### Is there a way to reduce the chances of falling?

There is. And it is not as difficult as it sounds. All you have to do is sharpen your KINESTHETIC INTELLIGENCE!!

We, at GYNAECWORLD, help you manage with osteoporosis with our PHYSIOTHERAPY services.

### How does Physiotherapy help?

Physiotherapy helps prevent or reduce the risk of developing osteoporosis and manage problems associated with osteoporosis. Weight bearing exercises coupled with strength training helps to reduce the bone loss and thereby improve bone health.

The MANAGE OSTEOPOROSIS package consists of detailed evaluation of your symptoms followed by a customized exercise and electrotherapy program. The package is inclusive of 12 sessions of an hour each, on alternate days, on an individual basis conducted by a well-trained Physiotherapist.

For further details please contact

**Gynaecw**orld  
*The Center for Womens' Health*

Front Desk

**GYNAECWORLD – 022-23802584**

**Dr. Riddhi Chandarana – 9920357437**

OSTEOPOROSIS

**Gynaecw**orld  
*The Center for Womens' Health*

## Un-pause your life once more!

When an old aunt slips in the bathroom, she falls and in an all probability suffers a fracture and has to be helped out of the bathroom. When a young child slips in the bathroom, she enjoys sliding on the slippery wet bathroom floor. She probably does not crash down on the floor, but even if she does, she almost never suffers a fracture, much less need any rescue effort. The act of falling is the same, the same bathroom, the same degree of wetness and slipperiness, then why does the aunt suffer a fracture and the child escapes scot free?

**O**STEOPOROSIS!!! As a woman ages, there are changes that happen in her body. The major transition that occurs is MENOPAUSE! Menopause is that point in time when permanent cessation of menstruation occurs following the loss of ovarian activity. It is said to occur when you have not had a menstrual bleed for 12 consecutive months.

Estrogen and Progesterone – the two female hormones – play an important role in shaping the female body. Estrogen also has beneficial effects on the bones, heart and is responsible for the lining of the uterus, vagina and urinary system. With aging and after menopause, the ovaries become exhausted and the hormone levels fluctuate and decrease. Menopausal symptoms are largely felt due to sudden withdrawal of estrogen.

For many women, menopause can be a psychological, emotional and intellectual turning point in their lives as well as physical one, but it does not have to go downward. As children leave home and you look forward to reducing your workload, you will have more time to yourself than before; this can be liberating and you can take a look at your health.

When you think about staying healthy, you probably think about making lifestyle changes to prevent cancer and heart disease. Keeping your bones healthy may not be at the top of your wellness list. Think again!!

### MYTHS AND REALITY

#### Myth: Osteoporosis isn't very serious.

**Fact:** Osteoporosis is a condition where there is less normal bone than expected for a woman's age, with an increase risk of fracture. It is a painful, crippling and life-threatening condition and is the single most important health hazard for women post menopause.

#### Myth: You will know if you have osteoporosis.

**Fact:** In its early stages it has no obvious symptoms so women may be unaware, but because of its life-threatening nature every woman should be made aware of it and try to prevent osteoporosis from occurring.

#### Myth: An osteoporosis test is painful and exposes one to a lot of radiation.

**Fact:** Your gynaecologist will ask you about your symptoms, family and medical history and perform a physical examination. You will be recommended a bone mineral density test using a central DEXA (a dual energy x-ray absorptiometry) machine. It is simple, painless, takes 5-10 minutes and uses very little radiation.