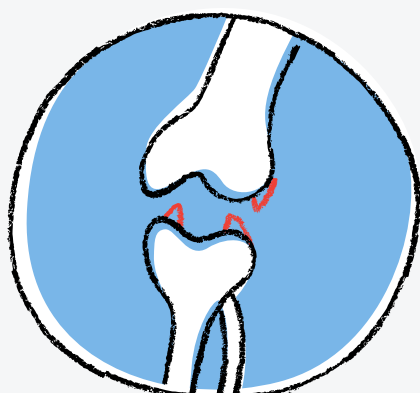


POOR BONE HEALTH AND MENOPAUSE

WHATS THE LINK?

As you approach or go through menopause, there's a silent health threat many women aren't warned about: osteoporosis - a condition where bones become fragile and are more likely to break.



WHAT IS OSTEOPOROSIS ?

Osteoporosis is a bone disease where bone mass and strength decrease, making your bones porous and brittle. Often called the "silent disease," it usually shows no symptoms until a fracture occurs — commonly in the hip, spine, or wrist.

AS ESTROGEN LEVELS DECLINE:

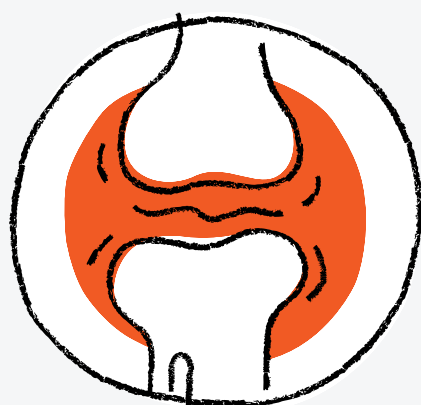
Menopause leads to a sudden drop in estrogen—a hormone essential for maintaining bone density. As a result:

- Women can lose up to 20% of their bone mass in the first 5–7 years after menopause.
- Risk of fractures increases significantly — especially hip and spine fractures.



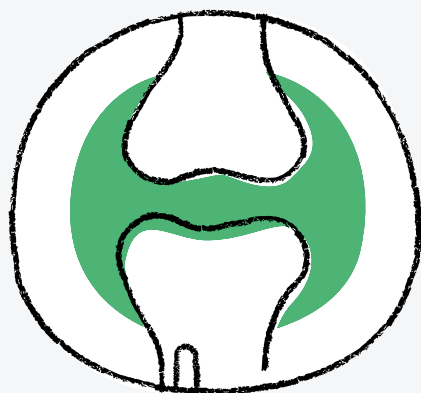
ARE YOU AT RISK ?

- Entered menopause before age 45 (early menopause)
- Have a small or thin body frame
- Had irregular or missed periods during perimenopause
- Have a family history of osteoporosis
- Are deficient in calcium or Vitamin D
- Lead a sedentary lifestyle or smoke
- Take long-term steroids or thyroid medication



ACTION PLAN

1. **Stay Active:** Do regular weight-bearing & resistance exercises (like walking, stair climbing, yoga).
2. **Boost Calcium Intake:** Include milk, paneer, curd, ragi, sesame seeds, and leafy greens in your diet.
3. **Get Vitamin D:** 15–20 minutes of sunlight exposure daily or take supplements as advised.
4. **Hormone Therapy:** For eligible women, estrogen therapy can significantly reduce bone loss.
5. **Get a DEXA Scan:** A simple bone scan can detect early signs of thinning bones.
6. **Avoid Smoking & Limit Alcohol:** Both accelerate bone loss and fracture risk.



WHY A DEXA SCAN ?

A DEXA scan (Dual-Energy X-ray Absorptiometry) is a quick, safe, and painless way to measure bone mineral density (BMD)—a key indicator of bone strength and fracture risk. A low BMD can signal early bone loss before fractures occur, allowing timely lifestyle changes or treatments to strengthen bones and reduce risk.

