



# LOVE YOUR BONES



## FIGHT OSTEOPOROSIS WITH

# Osteofit®

## THE GLOBAL IMPACT OF OSTEOPOROSIS

### FACTS & STATS

- Fractures caused worldwide every year from osteoporosis: **over 8.9 Million**
- One Osteoporosis fracture: **3 seconds**
- Age 50+ women worldwide to have fractures from osteoporosis: **1 in 3**
- Age 50+ men worldwide to have fractures from osteoporosis: **1 in 5**
- Global hip fracture estimated increase 1990 - 2050: **Men 310% Women 240%**

### What is Osteoporosis and why is it called "Silent Disease"?

Bones are living tissue made up of calcium and other minerals. In people with osteoporosis, bone tissue breaks down faster than it is replaced. The bones become thinner and brittle (lose mass) and are more likely to break (fracture) with pressure or after a fall. Bone loss happens without any warning signs.

### This is why osteoporosis is called a "Silent Disease."

Bone tissue is replaced regularly in a process called bone turnover. From childhood into young adulthood, the body produces more than enough cells to replace those that die, resulting in stronger, denser bones. By age 25, bones are at peak bone mass and cell turnover remains fairly stable for several years. At about age 40, bone cells start to die at a more rapid rate than new cells are produced. This starts a slow decline in bone mass, and may lead to the development of osteoporosis.



Any bone in the body can be affected by osteoporosis. However, the spine, hips, ribs and wrists are the most commonly fractured when a person with osteoporosis falls. Osteoporosis can also cause a hump in the upper back or loss of height.

### Why is Osteoporosis so Serious?

Breaking a bone is a serious complication of osteoporosis, especially with older patients. Osteoporotic bone breaks are most likely to occur in the hip, spine or wrist, but other bones can break too. In addition to causing permanent pain, osteoporosis causes some patients to lose height. When osteoporosis affects vertebrae, or the bones of the spine, it often leads to a stooped or hunched posture. Osteoporosis may limit mobility, which often leads to feelings of isolation or depression. Additionally, twenty percent of seniors who break a hip die within one year from either complications related to the broken bone itself or the surgery to repair it. Many patients require long-term nursing home care.



Normal Bone



Osteoporotic Bone

### Signs and Symptoms

As the spine weakens, osteoporosis can lead to a change in posture, a stoop, and curvature of the spine. Bone loss that leads to osteoporosis develops slowly. There are often no symptoms or outward signs, and a person may not know they have it until they experience a fracture after a minor incident, such as a fall, or even a cough or sneeze. Commonly affected areas are the hip, a wrist, or spinal vertebrae.



### How serious is Osteoporosis in India?

Osteoporosis, called "the bone-thinning disease," is a common condition that affects over 25 million people each year.	80 percent of people with osteoporosis are women.	80 percent of women over age 65 have osteoporosis.
Osteoporosis is responsible for one and a half million fractures each year.	After menopause, women lose about one to two percent of their bone density each year, because of the sudden decrease in estrogen, the hormone that normally protects against osteoporosis.	Although the vast majority of people with osteoporosis are women, 1.5 million men also have osteoporosis, and another 3.5 million men are at high risk.
By the age of 80, nearly half of all women show on an Xray that they have had a fracture of their spine.		

### Causes and Risk Factors

A number of risk factors for osteoporosis have been identified. Some are modifiable, but others cannot be avoided.

#### Non-modifiable risk factors include:

<b>AGE:</b> Risk increases after the mid-30s, and especially after menopause.	<b>REDUCED SEX HORMONES:</b> Lower estrogen levels appear to make it harder for bone to reproduce.	<b>ETHNICITY:</b> White people and Asians are more susceptible than other ethnic groups.
<b>BONE STRUCTURE:</b> Being tall (over 5 feet 7 inches) or slim (weighing under 125 pounds) increases the risk.	<b>GENETIC FACTORS:</b> Having a close family member with a diagnosis of hip fracture or osteoporosis makes osteoporosis more likely.	<b>FRACTURE HISTORY:</b> Someone who has previously experienced a fracture during a low-level injury, especially after the age of 50 years, is more likely to receive a diagnosis.

#### Modifiable risk factors include:

Eating disorders, such as anorexia or bulimia nervosa, or orthorexia.	Tobacco smoking
	Inactivity or immobility
	Excessive alcohol intake
Low levels or intake of calcium, magnesium, and vitamin D, due to dietary factors, malabsorption problems, or the use of some medications.	

### Osteoporosis Prevention

About 85 to 90 percent of adult bone mass is acquired by age 18 in girls and 20 in boys, so building strong bones during childhood and adolescence can help prevent osteoporosis later in life.

#### There are some lifestyle choices you can make to help prevent osteoporosis, such as:

**NOT SMOKING:** In addition to being harmful to the heart and lungs, smoking is also bad for bones, since those who smoke may absorb less calcium from the foods they eat.

**AVOIDING DRINKING ALCOHOL:** Excess People who drink a lot of alcohol are more prone to bone loss and broken bones due to poor diet and risk of falling.

**PERFORMING:** Weight-Bearing, Exercise, Physical activities that force you to work against gravity, such as walking and hiking, strengthen your bones and your muscles.



### Healthy Diet for Osteoporosis

While a broad range of nutrients contribute to bone health, two in particular merit discussion: Calcium and Vitamin D.

#### Calcium

A lack of calcium in the body over time contributes to the development of osteoporosis. Researchers have shown that low calcium intake is connected to low bone mass, rapid bone loss, and high fracture rates.

Throughout life, the body needs different levels of calcium. The body's need for calcium is highest during childhood and adolescence because the skeleton is growing rapidly. Pregnant women and those breast-feeding also need a lot of calcium, as do postmenopausal women and older men.

As you age, your body becomes less efficient at absorbing calcium and other nutrients. Plus, the older you are, the more likely you are to take medication for various health conditions, and those drugs can interfere with calcium being absorbed into the body.



#### Foods that are good sources of calcium include:



Low-fat dairy products, such as milk, yogurt, cheese, and ice cream.	Dark green, leafy vegetables, such as broccoli, collard greens, bok choy, & spinach.	Sardines and salmon with bones.
Tofu made with calcium sulphate.	Almond dry fruit	Calcium-fortified foods, such as orange juice, soy milk, cereals, & breads.

#### Vitamin D

Vitamin D helps your body absorb calcium from both food and supplements. It helps your muscles move, because nerves need vitamin D to carry messages from your body to your brain. Your immune system also needs vitamin D to fight against bacteria and viruses.



## A One-Stop Homoeopathic Combinational Medicine To Fight Osteoporosis



### Remedies Used

#### Calcarea Carbonica 3x

Improper assimilation of calcium gives rise to defective nutrition of bones glands and skin. Swelling of the joints especially knee weakness and trembling of limbs. This remedy is often helpful to individuals who are easily tired by exertion and tend to feel anxious and overwhelmed from work or stress. The person may be chilly, flabby or overweight, and feel worse from cold and dampness. Back pain, swollen joints, and a sweaty head at night are often seen.



#### Calcarea Fluorica 3x

It is used for degenerative diseases of bones like osteomyelitis, inter-vertebral disc prolapse etc. It is commonly used remedy for complaints affecting bones and joints like arthritis, or where there is bony hardness of soft tissues in tumors, fibroadenopathy, neurofibromas or calcified tumours, lymphadenopathy etc.



#### Calcarea Phosphorica 3x

Stiffness, soreness, and weakness of the bones and joints often are experienced by those who need this remedy. Delicate and easily broken bones. Aching in the bones of the neck, upper back, and hips can be distressing. Deep tiredness frequently is felt, especially after exercise. No appetite, green stools, offensive, with undigested food. Calcium deposits and bone-spurs may develop, even while general bone-loss is taking place, and fractures may be slow to heal



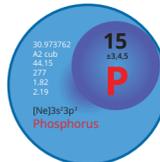
#### Silicea 3x

People who need this remedy are often nervous, easily tired, very chilly, and tend to sweat at night. They have a refined or delicate appearance, and often have weakness in the spine. Their injuries are slow to heal, and they tend to have a low resistance to infection. Moderate exercise often warms the person up and improves energy.



#### Phosphorus 3x

This remedy is often helpful to people who are sensitive, suggestible, imaginative, but easily tired or weakened physically. Bones may be less strong than normal, or be slow to heal after fractures. Weakness is often felt in the spine, with burning pain between the shoulder blades. People who need this remedy are often tall and thin with an easily-flushing face.



#### Symphytum officinale 3x

It is the best homeopathic solution for treating fractures in osteoporosis. This homeopathic cure helps in joining the cracked bone proficiently. Fractures, where patients complain of a prickling pain in the fractured area, can be significantly soothed by giving this regular homeopathic treatment. This common homeopathic medicine can likewise help in decreasing irritability of the fracture.



#### Dosage:

Take 2 Tablets before meals, daily 3 times. Or as directed by the Physician.

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