

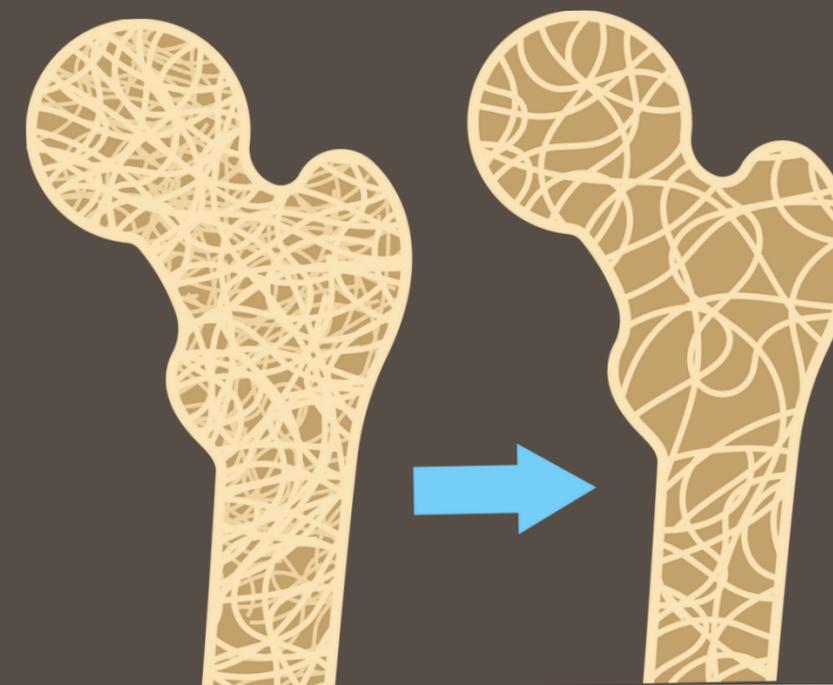
# Bone up on bone health!

World Osteoporosis Day-Oct 20



# What is Osteoporosis?

It's a condition where bone health is affected by a gradual loss of calcium, leading to fragile bones



## Common symptoms:

- Bones that break easily
- Constant back pain
- Loss of height
- Abnormally stooped posture



## Consume more of

- Calcium-rich foods like dairy, leafy greens, and fortified products
- Magnesium-rich foods like nuts, spinach, dark chocolate and bananas
- Low-fat dairy products
- Fish for omega-3 fatty acids



## Cut back on

- Salt
- Caffeine

## QUIT!

- Smoking
- Alcohol



# While exercising

- Focus on balance and stability exercises
- Engage in weight-bearing exercises like walking or dancing
- Avoid high-impact activities



## Take extra care by

- Maintaining a healthy body weight to reduce fracture risk
- Taking prescribed medication
- Consulting a healthcare professional for personalized guidance



# Let's stand tall and break the silence on Osteoporosis together with WoW



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