

Webinar on

OSTEOPOROSIS, ARTHRITIS AND MUSCULOSKELETAL DISORDERS

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Addressing the gaps in bone health through a holistic approach

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Statement of the Problem: People are getting health conscious, aiming to lose weight, manage NCDs, improve mass muscle and reduce fat and so on. Moreover, illness related to bone is drawing attention. There are incidences of fractures, osteoporosis, osteomalacia and the list is going on. Factors such as genetics, physiological, socioeconomic, nutritional, physical activity, physiological status, and environmental factors may affect bone health. At present, there is a gap in the management of bone health. The present study focuses on addressing the gaps in bone health through a holistic approach.

Methodology & Theoretical Orientation: The literature search was carried out using the keywords “bone health, osteoporosis, fractures, lifestyle approaches” among the databases such as PubMed, Medline, and Web of Science. Only human studies were considered for the present work. The theoretical orientation of the study is as follows:

- Global Prevalence of Bone diseases
- Causes of bone diseases
- Gaps in managing bone health
- The holistic approach to improve bone health

Findings: The prevalence of bone diseases increases significantly as the population ages. The reasons for bone diseases could be genetics, ageing, sex, ethnicity, lifestyle, medications, as well as infections. Most of the time as the signs of bone health is invisible, the condition remains unrecognized. Until there occurs a fracture or severe pain, the condition is overlooked. The management of bone health revolves around supplementation with calcium. As the causes of bone diseases are multifactorial, there is a need for a holistic approach to improving bone health.

Conclusion & Significance: According to studies, a holistic approach comprising of a balanced diet, physical activity, less beverage consumption, no smoking and supplements based on deficiency diseases would enhance bone health. Periodic health checkups will also delay the onset of bone diseases.

Recent Publications

1. Shunmukha Priya S., (2022) Quantified Nutrition – An approach towards healthy eating. Conference on Clinical Nutrition and Dietary Lifestyle" during May 20th and 21st, 2022 at Bangalore, India (Virtual presentation)
2. Shunmukha Priya S., (2021). “A review on Immune enhancers and weakeners” in the session of Immunity & Infection (Track-2) at the “4th International Conference on Food and Nutrition (ICFN)” held on 23rd and 24th September 2021 held at Malaysia (Virtual oral presentation) (Received 2nd Prize)
3. Shunmukha Priya S., (2021). An observational study among obese hypothyroid dyslipidemia clients following an integrated approach involving nutrition and lifestyle counseling. International Journal of Pharmacy And Biological Sciences, 11 (1) Pp.147-154. Online ISSN: 2230-7605. DOI: 10.21276/ijpbs.2021.11.1.20
4. Shunmukha Priya S., (2020). A review on the role of fiber and fiber supplements in health. International Journal of Food Science and Nutrition, 5 (6); Pp. 82-86. ISSN: 2455 – 4898
5. Shunmukha Priya, S. (2017). Invitro bioaccessibility of iron and zinc from millet based convenience foods; International Journal of Advance Engineering and Research Development 4(9): Pp 158-16

Biography

Shunmukha Priya. S, Research Supervisor and Faculty. Holds M.Phil and Ph.D in Food Science & Nutrition, and is also UGC NET qualified. Published in journals and presented papers in national and international conferences. Life member of Nutrition Society of India, currently serving as Research

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