

Webinar on Women and Bone Health

The importance of bone health was stressed. The topic covered the basic structure of the bone. Dr Shashikanth explained the concept of peak bone mass and ways to attain it. Changes that happen in women's different phases of life were discussed. Lack of Calcium and Vitamin D 3 deficiencies were discussed. Food with good calcium and vitamin contents were highlighted. The webinar ended with a discussion on Osteoporosis and its diagnosis and management amongst elderly women. It was followed by an interesting question answer session.



Vidyasagar College for Women

39, Sankar Ghosh Lane

Kolkata 700006



Webinar

On

Women and Bone health

Date : 2nd December, 2021

Time: 4 pm

Organized by :

Nari Sansad in association with IQAC

Vidyasagar College for Women



Speaker:

Dr. G. Shashi Kanth

MS (Ortho), MRCS (Ed), MRCSI, FRCS (T & O)
Senior Consultant Orthopaedic Surgeon & Traumatologist
Yashoda Hospitals, Hyderabad

Link: meet.google.com/moc-xjut-bbb