



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Brochure of the Webinar on Women and Bone Health

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/dvm-odi3-ruk

Rupali Chandra

Principal
Vidyasagar College For Women
Kolkata-700 006



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Date: 23.11.2021

NOTICE

This is to notify that a Webinar on “Women and Bone Health” shall be organised by Nari Sansad in association with IQAC on December 2, 2021 at 4 PM Via Google Meet. The Resource person for the event shall be Dr. G. Shashi Kanth (MS (Ortho), MRCS(Ed), MRCSI, FRCS (T & O)), Senior Consultant Orthopaedic Surgeon & Traumatologist Yashoda Hospitals, Hyderabad.

All Teachers and students are hereby requested to attend the webinar and make it a success.

Rupali Chandra

Principal

Vidyasagar College For Women

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Dr. G. Shashikanth(*MS (Ortho), MRCS (Ed), MRCSI, FRCS [T&O]*) -
Senior Consultant Orthopaedic Surgeon and Traumatologist
Yashoda Hospitals
Hyderabad

Respected Sir

I have the pleasure to cordially invite you to an online talk on "Women and Bone Health" on December 2, 2021, at 3 p.m. on our Google Meet virtual platform. The programme will be organised by Internal Quality Assurance Cell (IQAC) and *NariSamsad* of our college. Your gracious presence at the webinar will be deeply and sincerely appreciated.

Thanking you

Sincerely yours

R. Chaudhuri, 24.11.21
DR. RUPALI CHAUDHURI

Principal *Principal*
Vidyasagar College for Women
Kolkata-5



No.

Date.....

WEBINAR ON WOMEN AND BONE HEALTH

The importance of bone health was stressed. The topic covered the basic structure of the bone. Dr Shashi Kanth 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.

Felicitation to Dr. Shashi Kanth by Dr. Pradipta Mukherjee during her visit to Yashoda Hospital, Hyderabad



Rupali Chaudhuri

Principal
Vidyasagar College For Women
Kolkata-700 006

Women and Bone Health

Dr G.Shashi Kanth


MS (Ortho), AFRC SI, MRCS (Ed), FRCS (Tr & Ortho)

Sr.Consultant Orthopaedic Surgeon

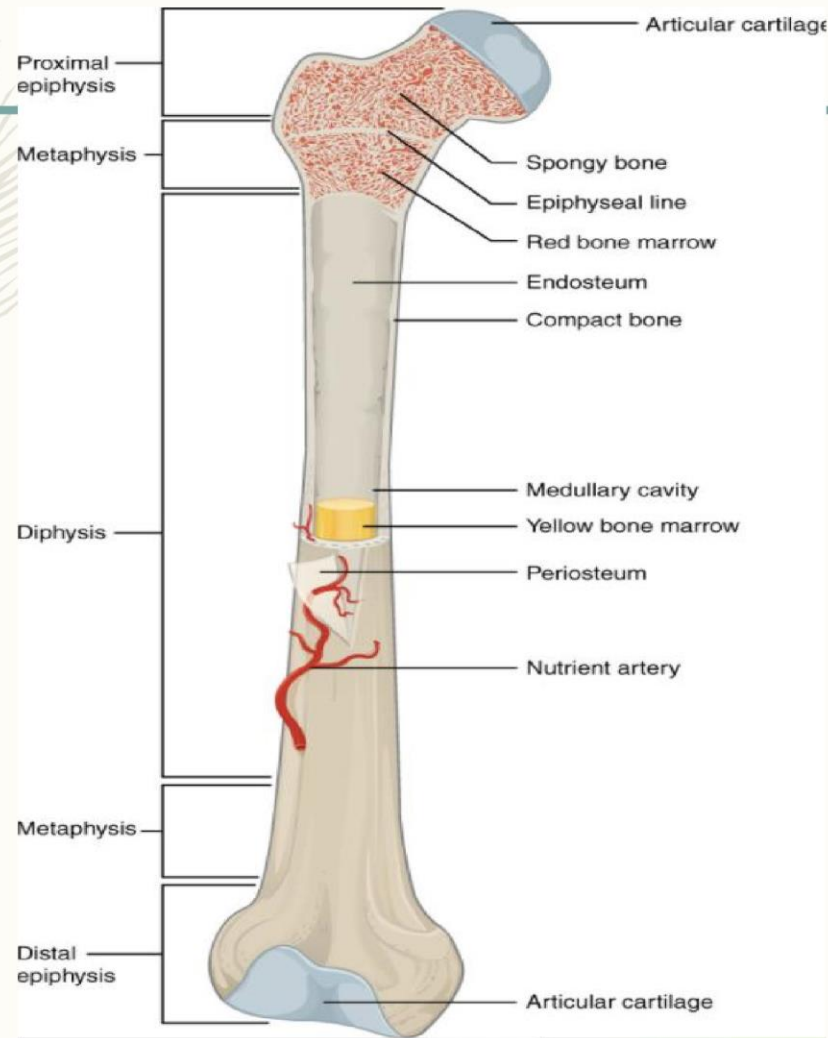
YASHODA Hospitals, Somajiguda



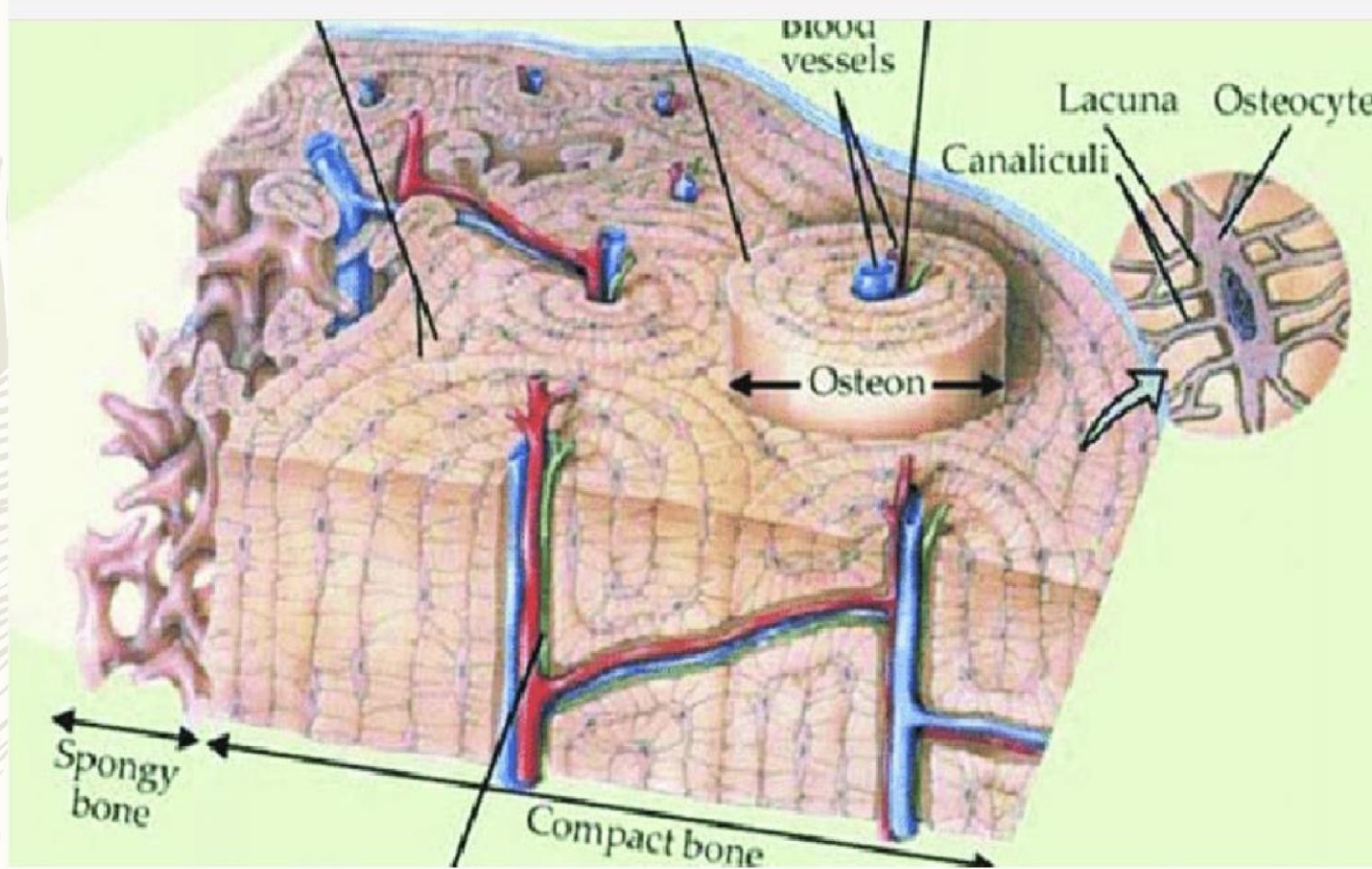
- Introduction
- Basic structure of bone
- Practical aspects of Bone Health
- Osteoporosis

- 
-
- Bone health is critical to overall health and quality of life.
 - Although genetic factors play a key role in bone formation, there are several external factors that can be modified to preserve bone health.
 - Diet, exercise, menstrual irregularities, medications, disease states, weight and environmental factors can all affect fracture risk

Structure of Bone



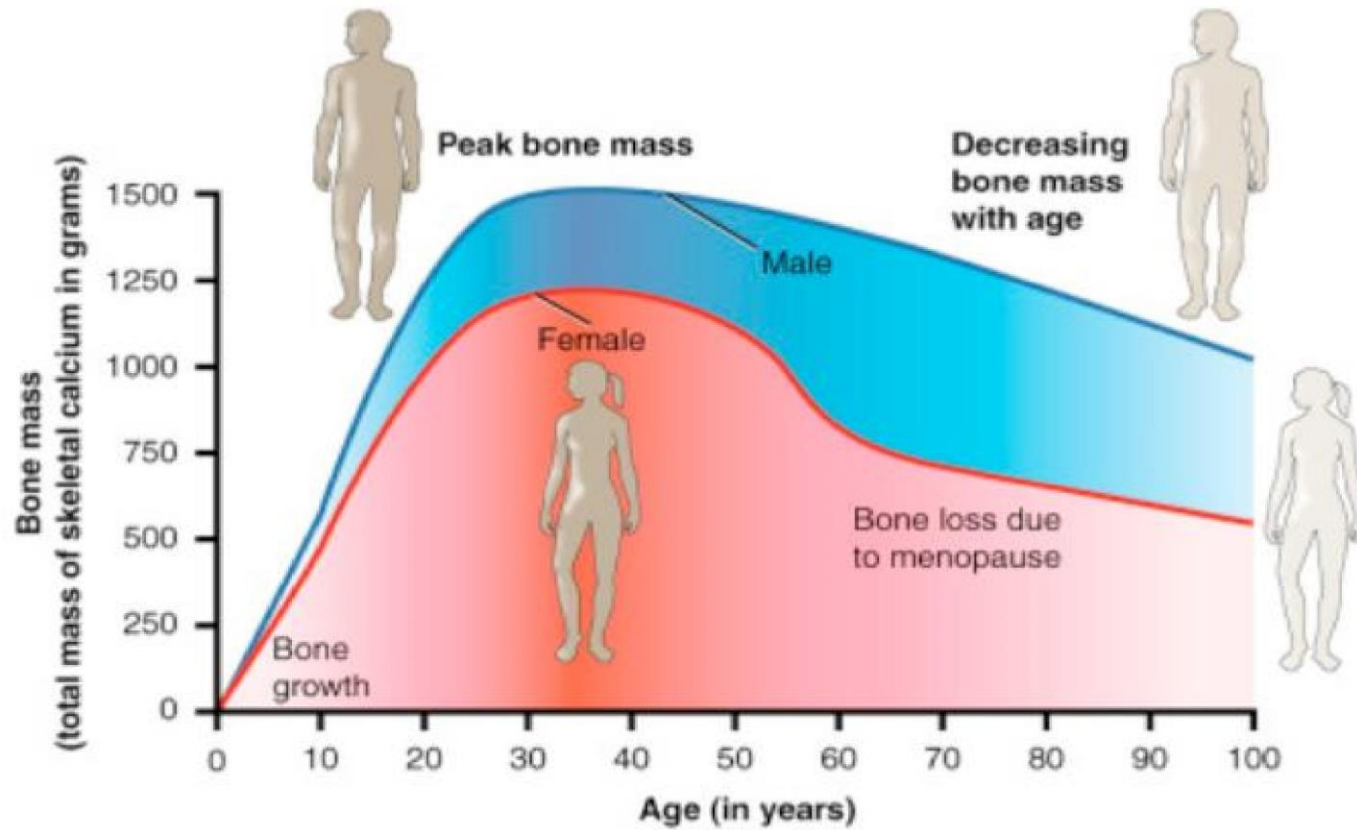
Cross section of Bone





Bone is a Dynamic Structure

Peak Bone Mass



Food Rich in calcium





RDA of Vitamin D and Calcium

Age	Calcium (milligrams)	Vitamin D* (International Units)
Birth to 6 months	200	–
7 to 12 months	260	–
1 to 3 years	700	600
4 to 8 years	1,000	600
9 to 18 years	1,300	600
19 to 50 years	1,000	600
51 to 70 years	1,200	600
71 years and older	1,200	800

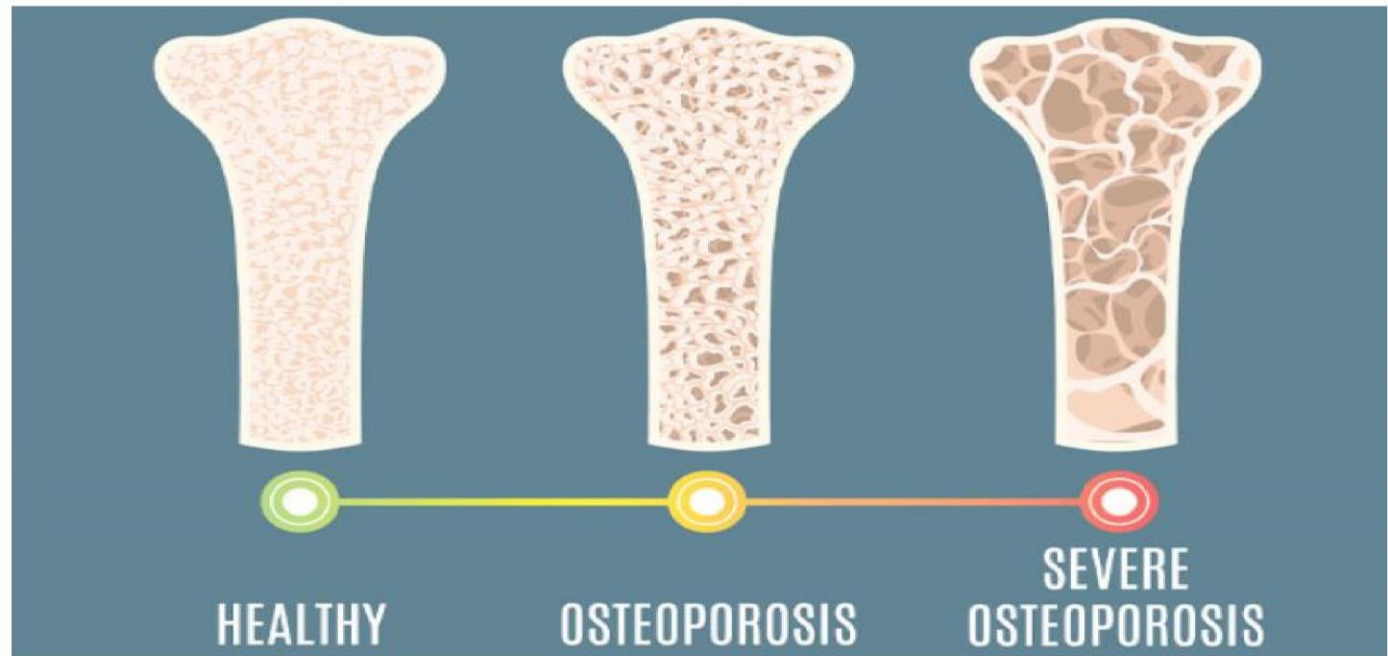


Physical activity

Osteoporosis

- Osteoporosis is characterized by decrease in bone mass and microarchitectural changes in the bone that increases fracture risk.
- Screening for osteoporosis may help facilitate treatment before fractures occur.







Major sites

Hip

Spine

Distal radius

Proximal Humerus

Minor sites

Pelvis

Sacrum

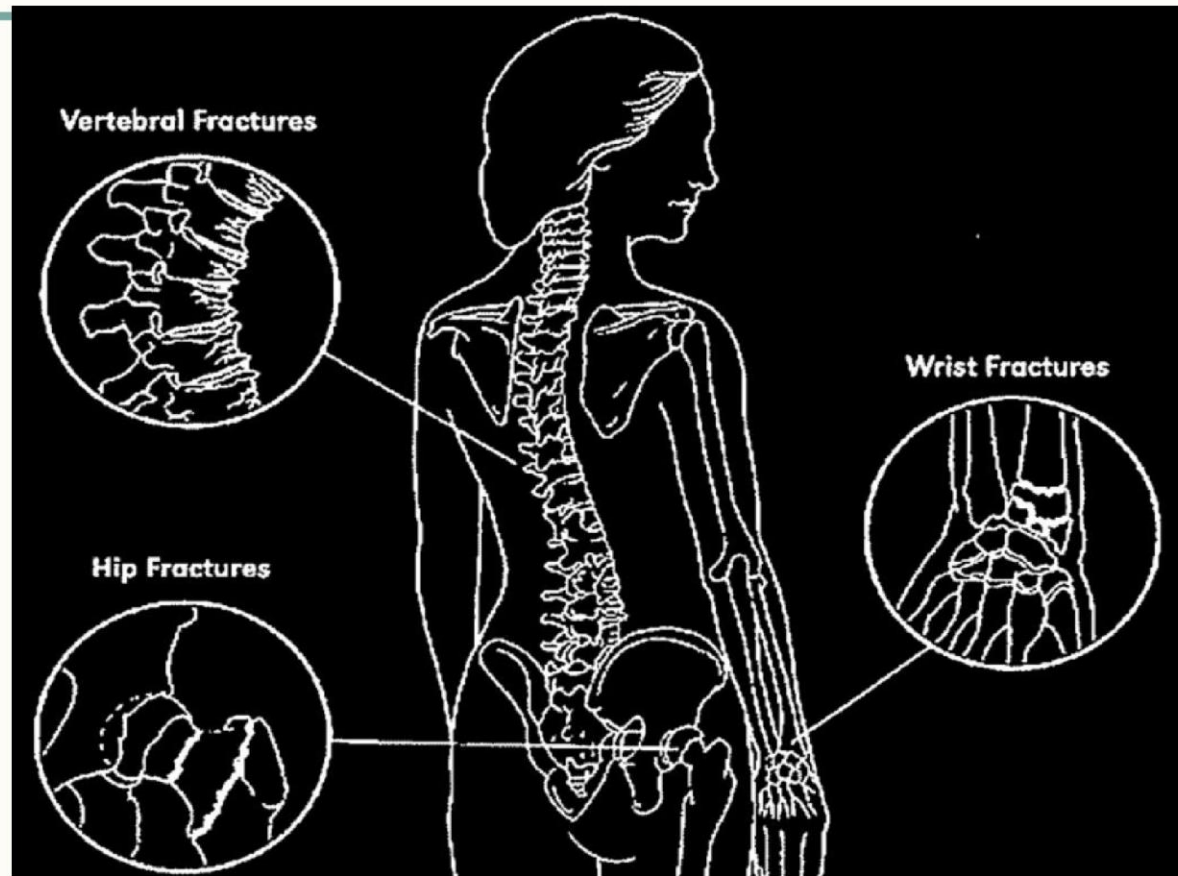
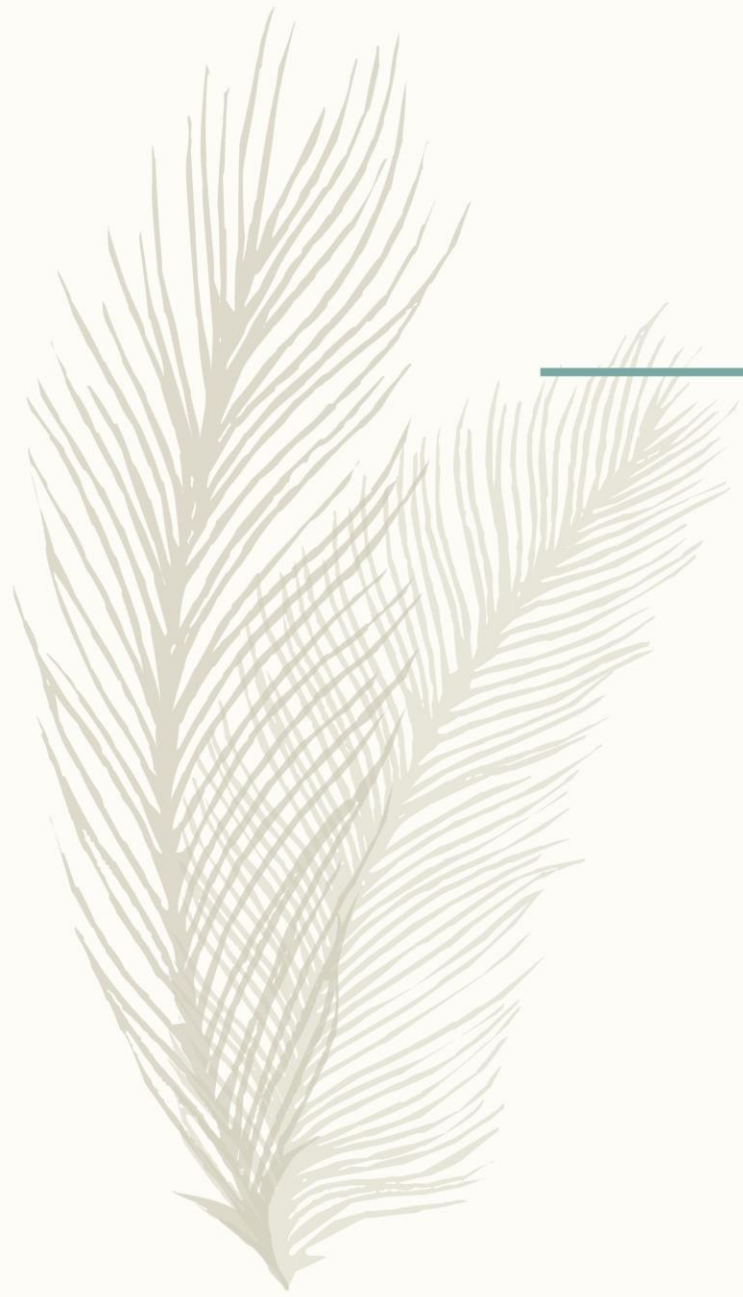
Ribs

Distal femur

Distal humerus

Ankle

Table 1. Sites of osteoporotic fractures



Vertebral Fractures



Hip Fractures




Wrist Fractures







DEXA scan



Diagnostic criteria	T - score range	Bone mineral density
Osteoporosis	T Score ≤ -2.5	2.5 SD or more below that of the mean level for a young-adult reference population
Osteopenia	$-2.5 < \text{T-Score} < -1.0$	Between 1.0 and 2.5 SD below that of the mean level for a young-adult reference population
Severe Osteoporosis	T Score ≤ -2.5 with fragility fracture	2.5 SD or more below that of the mean level for a young-adult reference population with fractures
Normal	T-Score ≥ -1.0	Within 1 SD of the mean level for a young-adult reference population

COMMON TREATMENTS FOR OSTEOPOROSIS

ANTIRESORPTIVES

This category of drugs works by slowing down bone loss, giving your natural bone production a chance to catch up. There are several FDA-approved antiresorptives available.



ANABOLIC AGENTS

A little more on the aggressive side, these meds activate the cells responsible for new bone formation and are used in more severe cases of bone loss.



WEIGHT-BEARING MOVES

This isn't the type of exercise that requires you to lift heavy weights. It's the kind that forces you to support your own weight like: walking, dancing, hiking, and yoga.



MEDITERRANEAN DIET

This is not your typical diet. This plan, which is high in lean meats, veggies, fruits, nuts, and olive oil, can reduce hip bone loss in the course of just one year.



Conclusions



1

Aim to achieve a good Peak Bone Mass

2

Work on risk factors to achieve good bone health

3

Identify and treat osteoporosis



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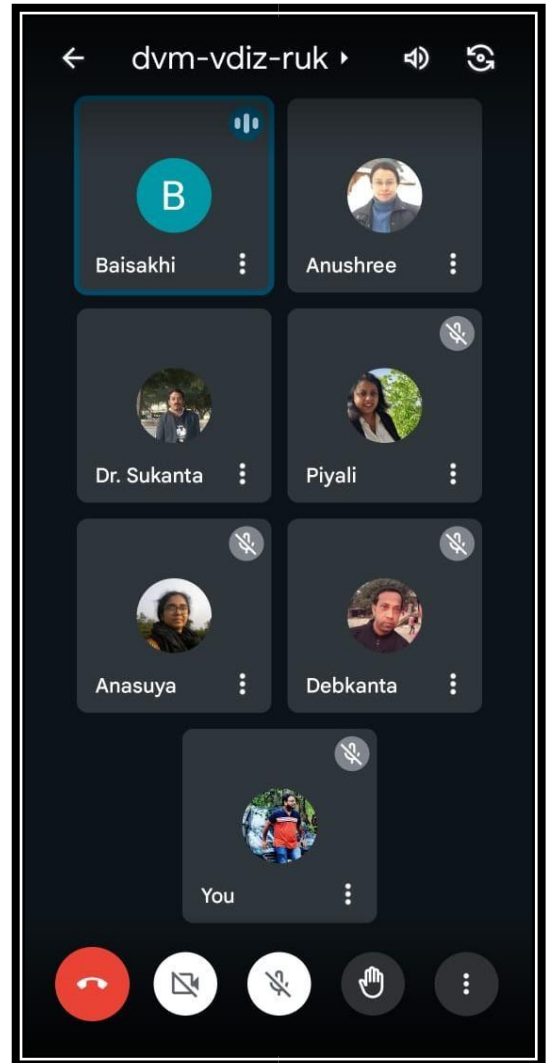
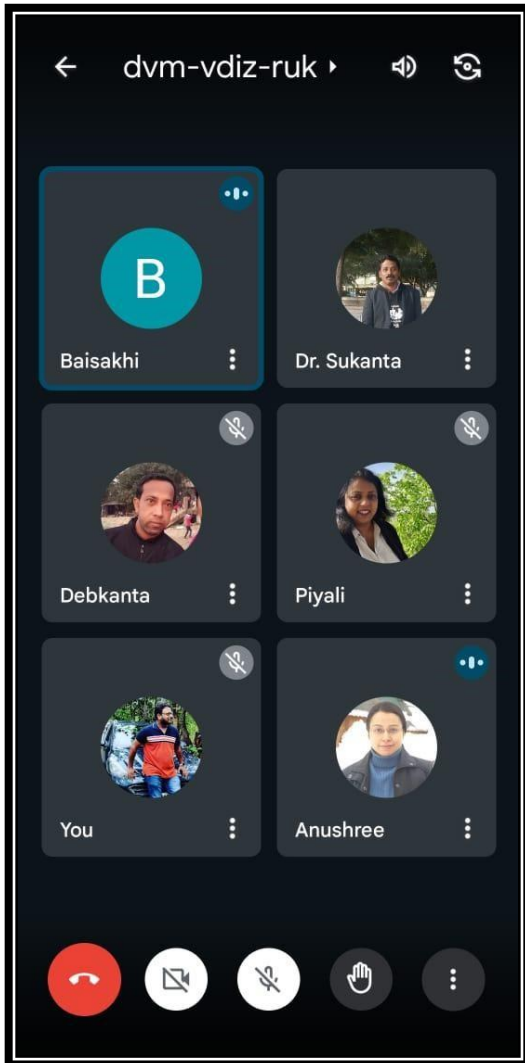
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Online Attendance of the Event on 02/12/2021



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