

Haddiyan Chup Chap Kamzor Hoti Hain

Family member ke liye ek seedha, sach guide – kya dekhein, kab poochein

Aksar family mein osteoporosis ka pata tab chalta hai jab kuch already ho chuka hota hai – ek gir jaana, ek fracture. Agar aap apni mummy ya dadi ki haddiyan ko lekar chinta mein hain, to yeh guide aapko samjhayega ki osteoporosis kaise chup-chaap develop hota hai, kya risk badhata hai, aur doctor ke saath kya discuss karna chahiye – chahe diagnosis abhi hona ho ya already ho chuka ho.

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Osteoporosis ek aisi condition hai jisme bone density dheere-dheere kam hoti jaati hai – aur is process mein dard ya koi warning sign nahi hota. Aapki mummy ya dadi ko khud bhi pata nahi chalta ki unki haddiyan andar se kamzor ho rahi hain, kyunki bahar se sab kuch normal lagta hai.

Zyadatar cases mein pehla clear sign tab aata hai jab ek fracture ho jaata hai – kabhi thoda sa gir jaane se, kabhi to bina kisi bade giraav ke bhi, jaise achanak khaansi ya ek normal movement se. Kalai (wrist), hip, aur spine ke fractures sabse zyada common hain.

Isiliye family walon ko yeh samajhna zaroori hai ki "abhi to theek chal-phir rahi hain" ka matlab yeh nahi ki haddiyan bhi utni hi strong hain. Risk factors dekhkar time rehte doctor se baat karna hi sahi approach hai.

■ Menopause Ke Baad Risk Kyun Badhta Hai

Menopause ke baad women mein bone loss ki speed badh jaati hai. Iski main wajah hai estrogen hormone ka level girna – estrogen bones ko protect karne mein ek important role nibhata hai. Jab yeh hormone kam hota hai, to bone breakdown ki process, naye bone banne se tez ho jaati hai.

Yeh loss menopause ke shuru ke kuch saalon mein sabse zyada tez hota hai. Isiliye 45-50 saal ke baad ki women ke liye yeh ek important phase hai jahan doctor se discussion kaafi helpful ho sakta hai – especially agar iske saath aur risk factors bhi present hon.

■ Aur Kaun Se Factors Risk Badhate Hain

Sirf menopause hi akela wajah nahi hai. Kai aur factors bhi milkar risk ko badhate hain, aur inhe pehchanna zaroori hai:

- Family history – agar mummy ya dadi ko hip fracture ho chuka ho
- Early menopause (45 saal se pehle)
- Lambe samay tak steroid medicines lena (kisi bhi doosri condition ke liye)
- Smoking
- Low body weight
- Immobility – lambe samay tak bed rest ya bahut kam chalna-phirna

Agar in mein se ek ya zyada factors match karte hain, to yeh apne doctor ke saath zaroor discuss karein. Yeh sirf risk factors hain – inmein se kuch match karna iska matlab yeh nahi ki aapko abhi osteoporosis hai. Pakka pata sirf DEXA scan aur doctor examination se chalta hai.

■ **Kya Kiya Ja Sakta Hai — Sab Kuch Doctor Ki Guidance Mein**

Kuch cheezein hain jo doctor ki guidance mein ki ja sakti hain – inka maksad risk ko kam karna hai, kisi outcome ki guarantee nahi.

Weight-bearing activity – jaise walking ya halka resistance exercise – bones ko active rakhne mein madad karta hai. Kaunsi activity aur kitni intensity theek rahegi, yeh umar aur overall health dekh kar decide hota hai.

Calcium aur vitamin D adequate matra mein zaroori hote hain, lekin inhe khud se decide karke high-dose supplements shuru kar dena sahi nahi hai. Zyada dose bhi nuksaan kar sakti hai, aur sahi dose har insaan ke liye alag hoti hai – yeh doctor hi blood levels dekh kar decide karenge.

Agar risk factors present hain, to doctor se DEXA bone-density scan ke baare mein baat karna ek acha next step ho sakta hai.

■ **DEXA Scan Actually Hai Kya**

DEXA scan sunne mein daunting lagta hai, lekin yeh ek simple aur painless test hai. Ismein ek low-dose X-ray machine ka use hota hai jo hip aur spine ki bone density measure karti hai. Test jaldi aur bina kisi discomfort ke ho jaata hai, aur ismein koi injection ya hospital admission nahi chahiye.

Iska result doctor ko batata hai ki bones kitni strong ya kamzor hain, aur usi ke hisaab se aage ka plan banaya jaata hai. Iske baare mein soch kar darne ki zaroorat nahi – yeh sirf ek jaankari lene ka tareeka hai.

■ **Agar Osteoporosis Already Diagnose Ho Chuka Hai**

Agar diagnosis already ho chuka hai, to conversation yahin khatam nahi hoti – kuch aur important cheezein hain jo doctor ke saath regularly discuss karni chahiye.

Prescribed treatment ko doctor ke bataye tarike se, regularly lena zaroori hai – beech mein khud se band kar dena ya dose change karna theek nahi hai.

Ghar ko fall-proof banana bhi utna hi important hai – loose rugs hatana, bathroom mein grab bars lagana, achi lighting rakhna, aur raaste clear rakhna.

Kai medicines jo doctor ne kisi aur condition ke liye di hon (jaise sleep ya blood pressure ki dawaiyan) unse chakkar ya balance problem ho sakti hai – inhe bhi doctor ke saath review karna chahiye.

Yeh yaad rakhna zaroori hai: in sab steps se fracture ka risk kam kiya ja sakta hai, lekin koi bhi step fracture na hone ki guarantee nahi deta.

Turant doctor se milein agar —

- Achanak kamar ya peeth mein tez dard, especially bina kisi spasht chot ke
- Halki si gir jaane ke baad bhi hip, wrist, ya kisi bhi bone mein dard, sujan, ya deformity
- Time ke saath height mein noticeable kami ya jhukī हुई posture
- Fracture ke baad us hissey par weight-bear na kar paana ya chalne mein asamarthta – turant nearest hospital jayein

Apne surgeon se ye poochhein

1. Mere family history aur risk factors dekhte hue, kya mujhe DEXA bone-density scan karwana chahiye?
2. Mere liye calcium aur vitamin D ki sahi daily dose kya hai – kya blood test se pehle check karna hoga?
3. Meri umar aur health ke hisaab se kaunsi weight-bearing activity safe rahegi?
4. Agar osteoporosis diagnose ho chuka hai, to prescribed treatment kitne time tak continue karna hoga?
5. Meri current dawaiyon (jaise sleep, BP, ya kisi aur condition ki) mein se koi fall ya balance problem to nahi badha rahi?
6. Ghar ko fall-proof banane ke liye specifically kya changes karne chahiye?

DM 89808 22922 — second opinion · appointment (clinic ya online)

Prish Hospital, Vesu – 12-2pm · Mahavir Hospital, Athwa Gate – 4-6pm

Yeh guide sirf general jaankari ke liye hai aur kisi bhi individual case ka diagnosis ya treatment nahi hai – har patient ki haddi, umar aur health history alag hoti hai. Apne ya apne family member ke liye qualified orthopaedic surgeon se milkar hi proper examination karwayein. Online/teleconsultation sirf guidance ke liye hoti hai, yeh physical examination ka substitute nahi hai. Agar gir jaane ke baad chalne-firne mein taklif ho, tez dard ho, ya deformity dikhe, to turant nearest hospital jayein – emergency mein online consult ka wait na karein.

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Clinics: Prish Hospital, Vesu (12-2pm) | Mahavir Hospital, Athwa Gate (4-6pm)

DM for appointment: 89808 22922

Online consultation sirf guidance ke liye hai aur physical examination ka poora substitute nahi hai – emergency ya severe symptoms mein turant nearest hospital jayein.

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Sources – Standard endocrinology and orthopaedic clinical references on osteoporosis risk factors, DEXA screening, and fracture-prevention principles