

Aapki Haddiyon Ka Sach

Women's bone health ke 3 common myths – aur unki jagah kya samajhna zaroori hai

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■ **Kyun Yeh Guide?**

Aksar hum bone health ko "abhi ki tension nahi" samajh kar peeche rakh dete hain. Instagram aur WhatsApp forwards mein bone health ke baare mein bahut saari baatein ghoomti hain – kuch sahi, kuch adhoori. Yeh guide teen common myths ko clear karti hai aur unki jagah kya samajhna zaroori hai, woh batati hai.

Ek baat clear kar dein: yeh guide diagnosis ya treatment advice nahi hai. Yeh sirf ek starting point hai, taaki aap apni doctor se sahi sawaal pooch sakein.

■ **Myth: "Bone weakness sirf budhape mein hoti hai"**

Bahut saari women sochti hain ki bone health ki tension sirf 60-70 ki age mein leni hoti hai. Lekin sach yeh hai ki bone loss ka process kaafi pehle shuru ho sakta hai – perimenopause ke around, jab estrogen level dheere-dheere girna start hota hai. Yeh ek gradual process hai, sudden nahi – isliye isse ignore karna easy hota hai jab tak koi fracture ya visible problem na ho.

Postmenopausal phase mein yeh process aur tez ho sakta hai. Isliye 40s ke aas-paas hi apni bone health ke baare mein soch lena samajhdari hai – wait karne ki zaroorat nahi ki koi symptom aane tak intezaar karein.

- Bone loss ka process menopause se pehle hi shuru ho sakta hai, sudden nahi hota
- Peri-menopause aur post-menopause phase mein iski speed badh sakti hai
- 40s ke baad hi is topic par apni doctor se baat karna reasonable hai

■ **Myth: "Milk kaafi hai calcium ke liye"**

Milk calcium ka ek acha source hai, lekin akela milk poori picture nahi hai. Calcium ko absorb karne ke liye body ko vitamin D bhi chahiye – aur India mein vitamin D ki kami kaafi common paayi jaati hai, chahe dhoop kitni bhi ho, kyunki lifestyle mostly indoors rehta hai ya sunscreen use hoti hai.

Sirf ek nutrient par focus karna kaafi nahi hai – protein intake aur overall diet ka balance bhi bone strength mein role play karta hai.

Ek important baat: khud se calcium ya vitamin D supplements shuru mat kijiye. Zyada dose bhi harmful ho sakti hai, aur yeh doosri medications ke saath interact bhi kar sakti hai. Apni doctor se milkar hi dose decide karein.

Calcium aur vitamin D dono zaroori hain, par self-medication nahi – dose apni doctor se hi confirm karein.

■ **Myth: "Exercise karne se fracture ho jayega"**

Yeh ek bahut common dar hai – "agar main weight training ya jumping karungi to haddi tut jayegi." Actually iska ulta sach hai. Weight-bearing aur resistance exercise bone ko weak nahi, balki stronger banane mein madad karta hai.

Lekin yahan "guidance" wala part important hai. Har exercise har age ya bone condition ke liye suitable nahi hoti. Kya intensity theek hai, kaunsa movement avoid karna hai, form kaisi honi chahiye – yeh sab apni fitness level aur bone health ke hisaab se, qualified guidance ke saath decide karna chahiye. Khud se heavy weight lift karna ya bina guidance ke high-impact activity start karna sahi approach nahi hai.

■ **DEXA Scan — Kab Baat Karni Chahiye**

DEXA scan bone density check karne ka ek standard tarika hai. Har kisi ko har saal iski zaroorat nahi hoti, lekin kuch situations mein apni doctor se iske baare mein discuss karna sahi rehta hai – jaise menopause ke baad, fractures ki family history ho, ya body already kisi aur reason se bone loss ka risk zyada bata rahi ho.

Kab aur kitni baar DEXA karwana chahiye – yeh decision individual hai. Aapki doctor hi aapki poori history dekh kar iske baare mein sahi guidance de sakti hain.

■ **Dr Aman Khanna Se Milein**

Dr Aman Khanna, MS Orthopaedics, Surat mein practice karte hain. Unhone Sports Medicine mein fellowship Lyon (France) aur Mumbai se, aur Trauma mein fellowship Ganga Hospital, Coimbatore se ki hai.

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

Appointment ke liye DM: 89808 22922

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Turant doctor se milein agar —

- Achanak, severe back pain – especially bina kisi bade fall ya injury ke
- Height mein noticeable kami time ke saath
- Minor fall ya halke se impact se fracture ho jaana
- Bone pain jo persist kare aur apne aap theek na ho
- Posture mein dheere-dheere stoop/jhukav aana

Apne surgeon se ye poochhein

1. Mujhi apni age aur history ke hisaab se DEXA scan karwana chahiye kya?
2. Mera calcium aur vitamin D level check karna chahiye – aur mere liye safe dose kya hogi?
3. Kaunsi exercises meri bone health ke liye suitable hain, aur kya avoid karna chahiye?
4. Kya mujhe koi symptoms hain jo bone health ki taraf ishaara karte hain?
5. Mera family history ya lifestyle bone health ke risk ko kaise affect karta hai?
6. Menopause ke around bone health track karne ka sahi tareeka kya hai mere liye?

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

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

Yeh guide sirf general awareness ke liye hai – yeh diagnosis, treatment plan, ya kisi individual case ka medical advice nahi hai. Apni bone health ke baare mein kisi bhi decision se pehle, ek qualified orthopaedic surgeon se apne case ke hisaab se consult karein. Online/teleconsultation sirf guidance ke liye hai – yeh physical examination ka substitute nahi hai. Agar koi emergency ya severe symptom (jaise achanak severe pain, fall ke baad chalne mein dikkat, ya visible deformity) ho, to turant apne nearest hospital jaayein – online consult ka wait mat kijiye.

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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