

7. How to Prevent Osteoporosis?

One can prevent Osteoporosis by eating and living a bone-healthy lifestyle starting from childhood. Healthy bone mass at the age of 20-30 years minimizes the risk of Osteoporosis at a later age. One has to do the following for bone-healthy food and lifestyle:

- Eat a diet rich in calcium (see above) and mostly alkaline plant-based proteins. Consume milk products in moderation; avoid dense milk products like cheese, Paneer, and milk-based sweets. Minimize refined sugar and refined flour, which are acidic foods. Minimize salt intake.
- Get natural vitamin D via sun exposure, as outlined above.
- Maintain healthy body weight – BMI of 21-23. Obese people with BMI greater than 30 and very lean people with a BMI less than 20 are at a greater risk for Osteoporosis.
- Exercise regularly, keep moving the entire day. Remember, strong muscles build strong bones.
- Avoid smoking and heavy drinking
- Take precautions to prevent falls at an older age- ensure bathroom safety, eliminate slippery floors, wear appropriate shoes, etc.
- Get a DEXA scan when medically necessary – risk factors present (as outlined above).