

World Osteoporosis Day 2023: “Step Up for Bone Health—Build Better Bones”

Nihar Ranjan Biswas

Keywords: Bones, Osteoporosis, World Osteoporosis Day.

Pondicherry Journal of Nursing (2023): 10.5005/jp-journals-10084-13182

INTRODUCTION

World Osteoporosis Day (WOD) is an annual campaign held every year on October 20th. The day is dedicated to enhancing global awareness about osteoporosis and promoting bone health, in general. “Step up for bone health—Build better bones” is the theme for this year which underscores the proactive approach considered necessary to prevent osteoporosis and advocate bone strength among individuals of all ages. Osteoporosis, a progressive bone disease, is characterized by decreased bone mass and density and significantly increases the risk of fractures, synonymous with pain, disability, and even mortality, particularly in older adults.¹

Comprehending Osteoporosis

Osteoporosis weakens bones, making them fragile and susceptible to fractures from minor falls or even everyday activities. This condition often goes unnoticed until a fracture occurs. There is a pertinent need to highlight the importance of prevention and early detection. By understanding the risk factors, individuals can take proactive steps in order to maintain optimal bone health.¹

Building Better Bones

Building and maintaining strong bones involves a combination of balanced nutrition, regular exercise, and lifestyle choices. A diet rich in calcium, vitamin D, and other essential nutrients supports bone density and strength. Weight-bearing exercises, namely walking, jogging, and resistance training, promote bone formation and reduce the risk of osteoporosis. Avoiding smoking and excessive alcohol consumption also play pivotal roles in bone health.²

Raising Awareness and Taking Action

World Osteoporosis Day serves as a robust and convenient platform to raise awareness about osteoporosis prevention and management. Educational campaigns, seminars, and community events provide valuable information to the public, encouraging them to adopt healthier lifestyles. Healthcare professionals, policymakers, and organizations collaborate to implement initiatives that promote bone health, ensuring access to timely screenings and treatments.³

The Significance of Research and Innovation

Scientific research and innovation are regarded as crucial entities in advancing our understanding of osteoporosis and developing effective treatments. Ongoing studies explore new medications, therapies, and technologies aimed at enhancing bone density,

Department of Pharmacology, Sri Balaji Vidyapeeth (Deemed to be University), Pillaiyarkuppam, Puducherry, India

Corresponding Author: Nihar Ranjan Biswas, Department of Pharmacology, Sri Balaji Vidyapeeth (Deemed to be University), Pillaiyarkuppam, Puducherry, India, Phone: +91 4132616766, e-mail: vc@sbvuu.ac.in

How to cite this article: Biswas NR. World Osteoporosis Day 2023: “Step Up for Bone Health—Build Better Bones”. *Pon J Nurs* 2023;16(4):67–68.

Source of support: Nil

Conflict of interest: None

reducing fractures, and improving the quality of life for individuals living with osteoporosis. By supporting research initiatives, we contribute to the development of innovative solutions for osteoporosis prevention and management.⁴

CONCLUSION

World Osteoporosis Day 2023, themed “Step up for bone health—Build better bones,” emphasizes the collective responsibility to prioritize bone health and reduce the burden of osteoporosis-related fractures. By fostering awareness, advocating for research, and encouraging healthy lifestyles, we can empower individuals to take charge of their bone health, thereby ensuring a future that spreads advocacy for promoting strong and resilient bones, the bedrock of a healthier society.⁵

Nursing care of patients afflicted with osteoporosis comprises the assessment of the patient’s physical functioning and ability to successfully fulfil the attributes of self-care. Nursing management should include cardinal features such as promoting weight-bearing activity, besides providing ambulatory assistance for patients who do not have a steady gait.^{6,7} Furthermore, the nursing staff are morally and socially responsible for imparting patient education pertaining to a healthy diet rich in calcium and vitamin D, recommending and enabling de-addiction and the other related entities.⁸

REFERENCES

1. International Osteoporosis Foundation. World Osteoporosis Day 2023. 2023. pp. 1–32.
2. National Osteoporosis Foundation. Osteoporosis Prevention. 2023. Available from: <https://www.osteoporosis.foundation/>.
3. World Health Organization. Osteoporosis: Fact Sheet. WHO. 2023.

4. NIH. Osteoporosis and Related Bone Diseases National Resource Center. Exercise for Your Bone Health. 2023.
5. Cummings SR, Melton LJ. Epidemiology and outcomes of osteoporotic fractures. *The Lancet* 2002;359(9319):1761–1767. DOI: 10.1016/S0140-6736(02)08657-9.
6. Rachner TD, Hofbauer LC, Göbel A, Tsoardi E. Novel therapies in osteoporosis: PTH-related peptide analogs and inhibitors of sclerostin. *J Mol Endocrinol* 2019;62(2):R145–R154. DOI: 10.1530/JME-18-0173.
7. Khadka B, Tiwari ML, Gautam R, Timalina B, Pathak NP, Kharel K, et al. Correlates of biochemical markers of bone turnover among post-menopausal women. *JNMA J Nepal Med Assoc* 2018;56(212):754–758. DOI: 10.31729/jnma.3604.
8. Jiang SY, Kaufman DJ, Chien BY, Longoria M, Shachter R, Bishop JA. Prophylactic fixation can be cost-effective in preventing a contralateral bisphosphonate-associated femur fracture. *Clin Orthop Relat Res* 2019;477(3):480–490. DOI: 10.1097/CORR.0000000000000545.