Keep Your Bones Healthy and Straight

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Your bones help you to move, give you shape and support your body. They are the living tissues that rebuild constantly throughout your life. During childhood and your teen age, your body adds new bone faster than it removes old bones. After the age of 20, you can lose bone faster than you make bone. To have strong bones when you are young, and to prevent bone loss when you are older, you need to intake enough calcium, vitamin D and exercise.

There are various kinds of bone problems:

â€¢ Low bone intensity and osteoporosis, which make your bones weak and become more likely to break.

â€¢ Your bones might also get brittle and tend to break easily

â€¢ Pagetâ€™s bone disease makes them weak.

â€¢ Bone disease can make bones prone to breakage.

â€¢ Bones can also develop infections and cancer.

â€¢ Other bone diseases are caused by poor nutrition, genetic factors or problems with the rate of bone growth or rebuilding of bones.

Bone mass or density is lost as people grow older in age, especially in women after menopause. The bones lose calcium and other minerals.

The spine is made up of bones called vertebrae. Between each bone is a gel-like cushion). The trunk becomes shorter as the disks gradually lose fluid and become thinner. It gives you a stoop back.

In addition, vertebrae also lose some of their mineral content, making each bone thinner. The spinal column becomes curved and compressed as if packed together. Bone spurs are caused by aging.

The foot arches become flat, contributing to a slight loss of height.

The long bones of the arms and legs, although more brittle because of mineral loss, do not change length. This makes the arms and legs look longer when compared with the shortened spine.

The joints become stiffer and less flexible. Fluid in the joints may decrease, and the cartilage may begin to rub together and erode and shorten. Minerals may deposit in and around some joints. This is a common problem in the shoulder.

Hip and knee joints may begin to lose joint cartilage (degenerative). The finger joints lose cartilage and the bones thicken a bit. Finger joints changes are more common in women than men and may be hereditary.

Some joints, such as the ankle, typically change very little with age.

Bones lose elasticity and become more brittle and may break more easily. Overall height decreases,

because of shortening of the trunk and spine.

Inflammation, stiffness, pain and deformity may result from breakdown of the joint structures. Almost all elderly people are affected by joint changes, ranging from minor stiffness to major arthritis. The posture of people suffering from bone related problems may become more stooped (bent) and the knees and hips more flexed. The neck may become tilted, and the shoulders may narrow while the pelvis becomes wider.

Exercising is one of the best ways to slow or prevent problems related to the muscles, joints, and bones. A moderate exercise program, depending upon your need can help you maintain strength and flexibility. Exercise helps the bones to stay strong.

You consult an orthopedic to get a good treatment of your bone related problems. If your problem requires a surgery then you should consult an orthopedic surgeon. You can also make an online visit to bookmydoctor.com and choose the best orthopedic doctor or surgeon in Delhi, depending upon your choice and fix an appointment with them.

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