

WOMEN HEALTH

Osteoporosis: What Every Woman Should Know Before It's Too Late by Adlti Datta

Many of us have heard stories of friends or relatives who suddenly fractured an arm, wrist, or hip after a simple fall, misstep, or even while doing everyday housework. It makes us wonder: **why do bones become so fragile with age that even a minor accident can cause a serious fracture, when the same injuries hardly affected us in our younger years?** The answer often lies in a silent condition called osteoporosis. This disease gradually weakens the bones over time, usually without any obvious symptoms or warning. By the time many women realize they have osteoporosis, significant bone loss has already occurred.

Osteoporosis affects millions of women worldwide, particularly after menopause. Although weakening bones are commonly associated with aging, it is not an unavoidable part of growing older. The good news is that with proper awareness, healthy lifestyle habits, balanced nutrition, and early prevention, osteoporosis can often be delayed, controlled, and even prevented – helping women stay active, independent, and strong for years to come.

What is **Osteoporosis** ?

Osteoporosis is a condition that slowly weakens the bones, making them thin, fragile, and more likely to break with age.

It occurs when the body loses bone faster than it can replace it, reducing bone strength and making even minor falls or injuries more dangerous.



Osteoporotic Vertebrae showing severe loss of bone density

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The condition most commonly affects the hips, wrists, shoulders, and spine. Although osteoporosis can occur in anyone, women, especially those of White or Asian descent, are at higher risk. If not detected and treated early, osteoporosis can lead to painful fractures, reduced mobility, loss of independence, and other serious health problems that can greatly impact overall well-being.



Osteoporosis and Posture: Why Height and Alignment Matter.

Common Causes of Osteoporosis

- **Aging:** Bones naturally lose strength with age.
- **Hormonal changes:** Reduced estrogen in women after menopause and low testosterone in men can speed up bone loss. Excess thyroid hormone may also weaken bones.
- **Vitamin and Mineral deficiencies:** Lack of Calcium, vitamin D and protein in the diet can reduce bone strength.
- **Health condition and Medication:** Diseases like rheumatoid arthritis and cancer, along with some medicines used for asthma, epilepsy, and depression, may increase the risk.
- **Smoking and Excessive alcohol**
- **Family history of Osteoporosis or Fractures**
- **Lack of Physical Activity and Prolonged Inactivity**

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Why Women Are at Greater Risk than Men

Osteoporosis is four times more common in women than men. Several natural changes in a woman's body increase the risk of bone loss over time.

- **Hormonal Changes After Menopause:** Estrogen, a hormone that helps protect bone strength, drops significantly after menopause and speeds up bone loss.
- **Smaller Bone Structure:** Women naturally tend to have smaller and thinner bones than men.
- **Longer Life Expectancy:** Women generally live longer than men. They are more likely to experience age-related bone loss and its complications later in life.
- **Pregnancy**

Warning Signs You Should Never Ignore

Certain symptoms may signal weakening bones, such as

- Loss of height over time
- Persistent back pain
- Hunched posture
- Bones that fracture easily
- Weak hand grip
- Difficulty standing straight
- Gum recession
- Brittle or easily broken nails

When to Seek Medical Advice

A bone mineral density (BMD) test is the best way to detect osteoporosis early.

- **Early screening** is recommended for people over the age of 50, especially women, as well as for those with additional risk factors such as smoking, heavy alcohol use, or a family history of osteoporosis.
- **Women aged 65 and older:** Routine bone density screening is recommended for all women in this age group. For men screening is advised to start at age 70 or older.

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- **Postmenopausal women under 65:** Screening is recommended if they have one or more high-risk factors, like a family history of osteoporosis, smoking, or low body weight.

Prevention Starts Earlier Than Most Women Think

Bone health is built throughout life. The teenage years and early adulthood are critical periods for developing strong bones that will provide protection later in life. The earlier healthy habits begin, the greater the protection against osteoporosis later in life.

- Nutritious diets
- Regular exercise
- Avoiding smoking
- Limiting alcohol
- Maintaining healthy hormone balance

Treatment options

Medical care is most effective when combined with long-term lifestyle changes. Treatment may include:

- Calcium and vitamin D supplements
- Prescription medications
- Hormone therapy in selected women
- Exercise programs
- Fall-prevention strategies

Osteoporosis may develop quietly, but its impact can be life-changing. The encouraging news is that women can take simple, proactive steps long before any fractures occur. Staying informed, going for early screening, eating a balanced diet, and keeping physically active can make a significant difference in protecting bone health. Strong bones are key to preserving independence, mobility, and a good quality of life as we age.

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Issue 2, 2026 Q2 Date: MAY 15, 2026

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Tips to Manage Osteoporosis				
Tip 1	Tip 2	Tip 3	Tip 4	Tip 5
Eat healthy	Exercise regularly	Prevent falls & injuries	Avoid unhealthy habits	Visit doctor



CALGARY KIRTAN 2026



Sanatan Cultural Society of Calgary would like to invite you & your family to join upcoming Calgary Kirtan. This event will be held in different quadrants of Calgary in April & May 2026.

Schedule for Calgary Kirtan:

Calgary South region:
Date: Sunday April 26, 2026
Time: 1:00pm- 5:00 pm

Calgary North region:
Date: Sunday May 24, 2026
Time: 1:00pm- 5:00 pm
Interested family please contact
Sampa Saha 587 737 6841 &
Srabanee Chowdhury 587 435 9528



**DONATION \$50 &
UP**

Prasad and refreshments will be served at the first and last houses for the devotees. 🙏
If anyone would like to sponsor or arrange Prasad for the devotees, please kindly let us know."

CALGARY NEWS

Calgary Kirtan North May 24, 2026

1 Karuna Didi Address: 26 Pennell Loop NW Time: 1:00 p.m. to 2:00 p.m.	6 Binita Mou Didi Address: 237 Silvermont Way NW Time: 6:00 p.m.
2 Seema Didi Address: 92 Canby Park Mews Time: 2:45 p.m.	7 Madhabi Didi Address: 131 Neighbourly St. NW Time: 6:20 p.m.
3 Aparna Didi Address: 14 Canaby Forest Place Time: 2:45 p.m.	8 Satabdi Didi Address: 290 Blackhawk Court NW Time: 6:45 p.m.
4 Mallika Didi Address: 952 Sherway Heights NW Time: 3:00 p.m.	9 Aditi Didi Address: 47 Shasta Drive NW Time: 5:00 p.m.
5 Aarupa Didi Address: 3028 49 Street NW Time: 3:00 p.m.	10 Manoshi Didi Address: 231 Brimley Circle, NW Time: 5:30 p.m.

❖ Dear Devotees
Please don't forget to bring a plate to the Kirtan.
Your donation is grand enough.
We will have Prasad at the end.
Please bring your kids & join our Kirtan.
Have Krishna Nam Krishna Krishna Krishna Nam Nam
Hare Krishna Hare Krishna Hare Krishna Hare Krishna

CALGARY NEWS

The Sanatan Cultural Society of Calgary (SCSOC) organized an information session in collaboration with the **Alberta Blood Donation team** in **celebration of International Women's Day** on March 8, 2026.



SCSOC(The Sanatan Cultural Society of Calgary) and **BPPOC** (Bangladesh Puja Parishad of Calgary) jointly celebrated the Bengali New Year at **Bangladesh Centre 111, 3770 Westwinds Drive NE, Calgary, AB**. The event was attended by approximately 25-30 participants, who welcomed the New Year through Bengali songs, a rally, and children's art activities.





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We are looking for some writing for the quarterly publishing magazine.

Topics can be:

- | | |
|---------------------------|-------------------|
| 1. Canadian/ Calgary News | 2. Immigration |
| 3. Cooking recipe | 4. Art |
| 5. Interior design | 6. Gardening |
| 7. Travel | 8. Vaastu Shasta |
| 9. Music | 10. Health |
| 11. Real Estate | 12. Stocks Market |

Please feel free to contact Shawn Podder

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