



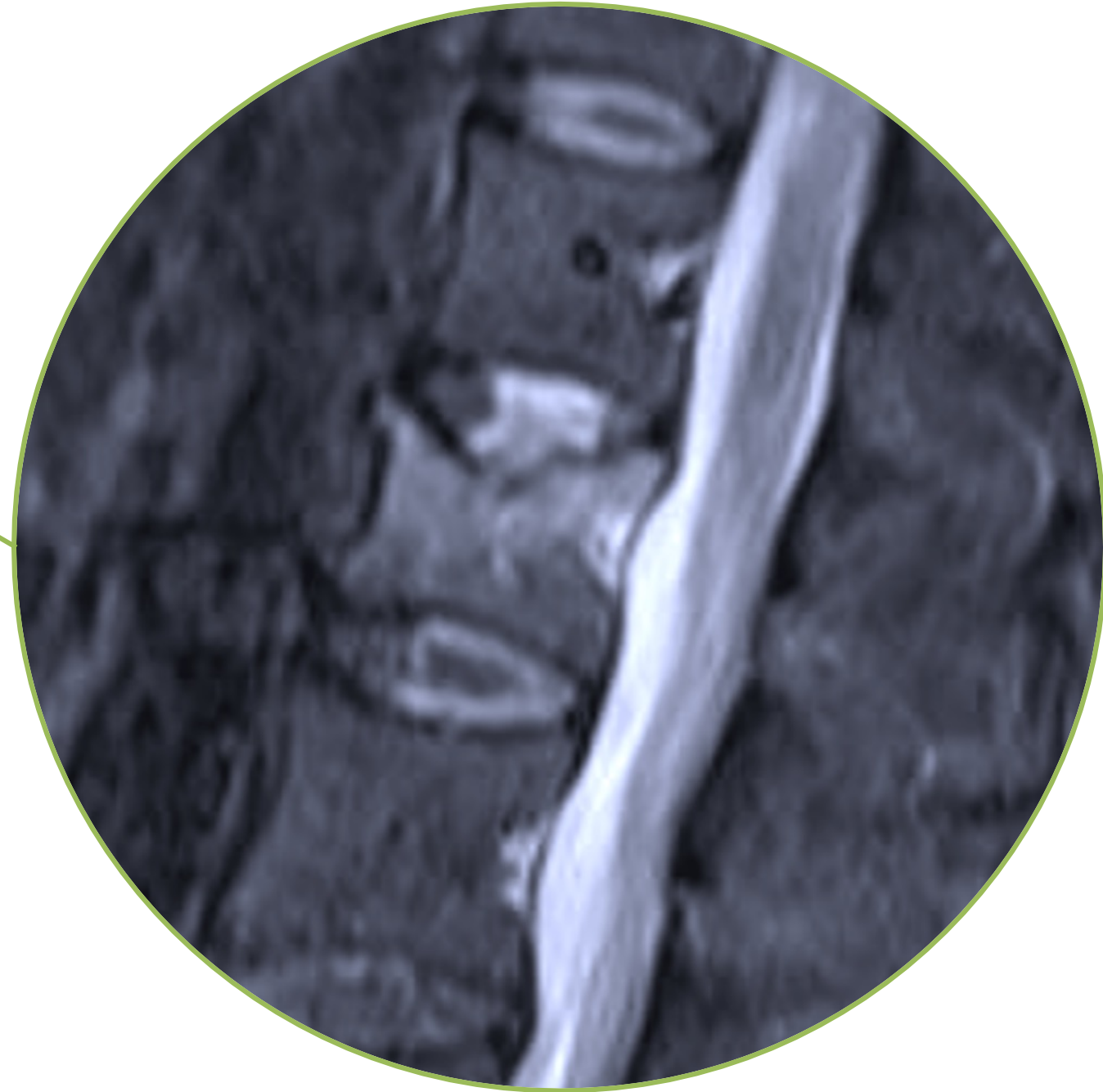
LIFESTYLE MEDICINE

Benefits of Sleep & Exercise

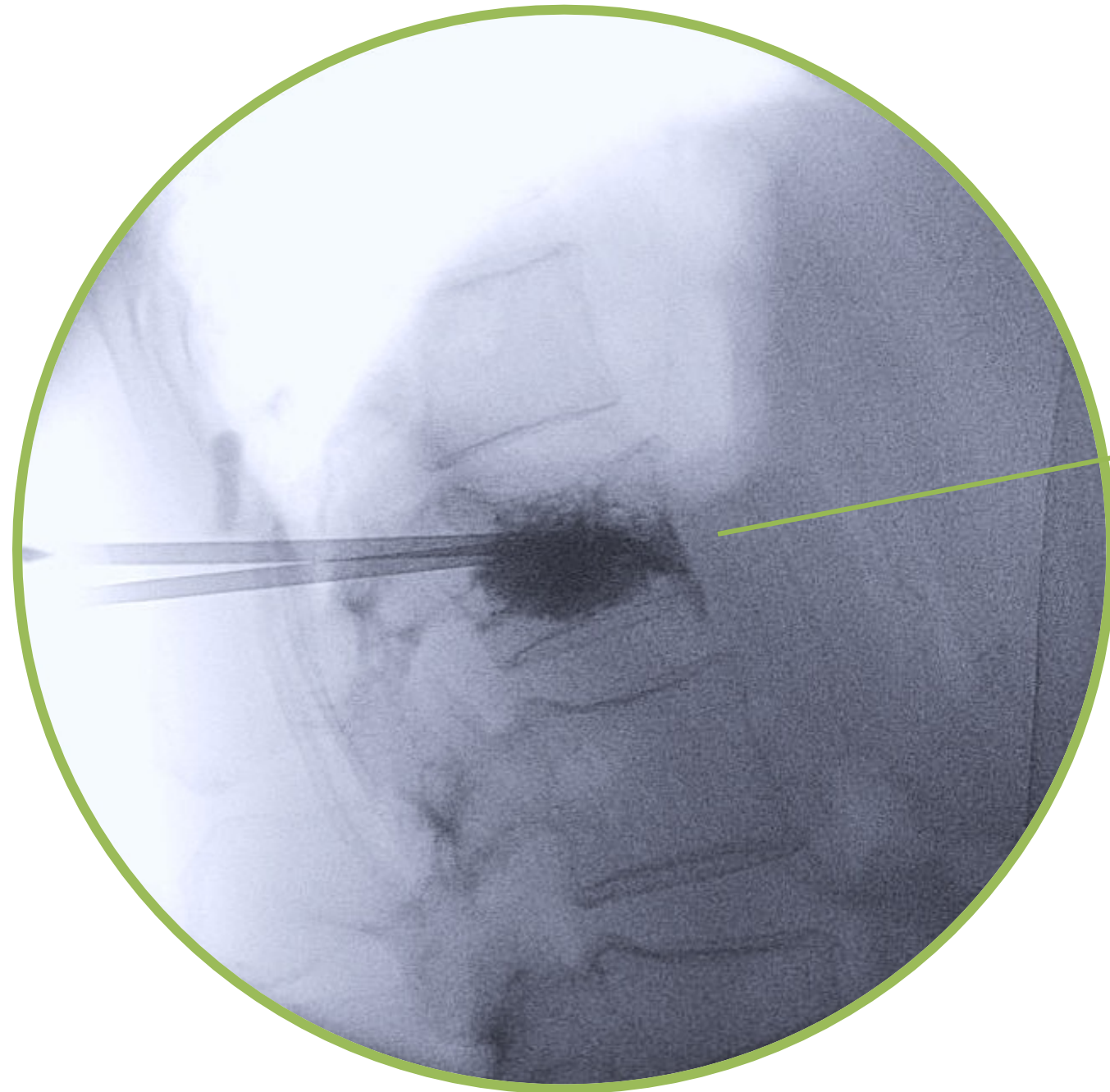


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Osteoporosis Case Study

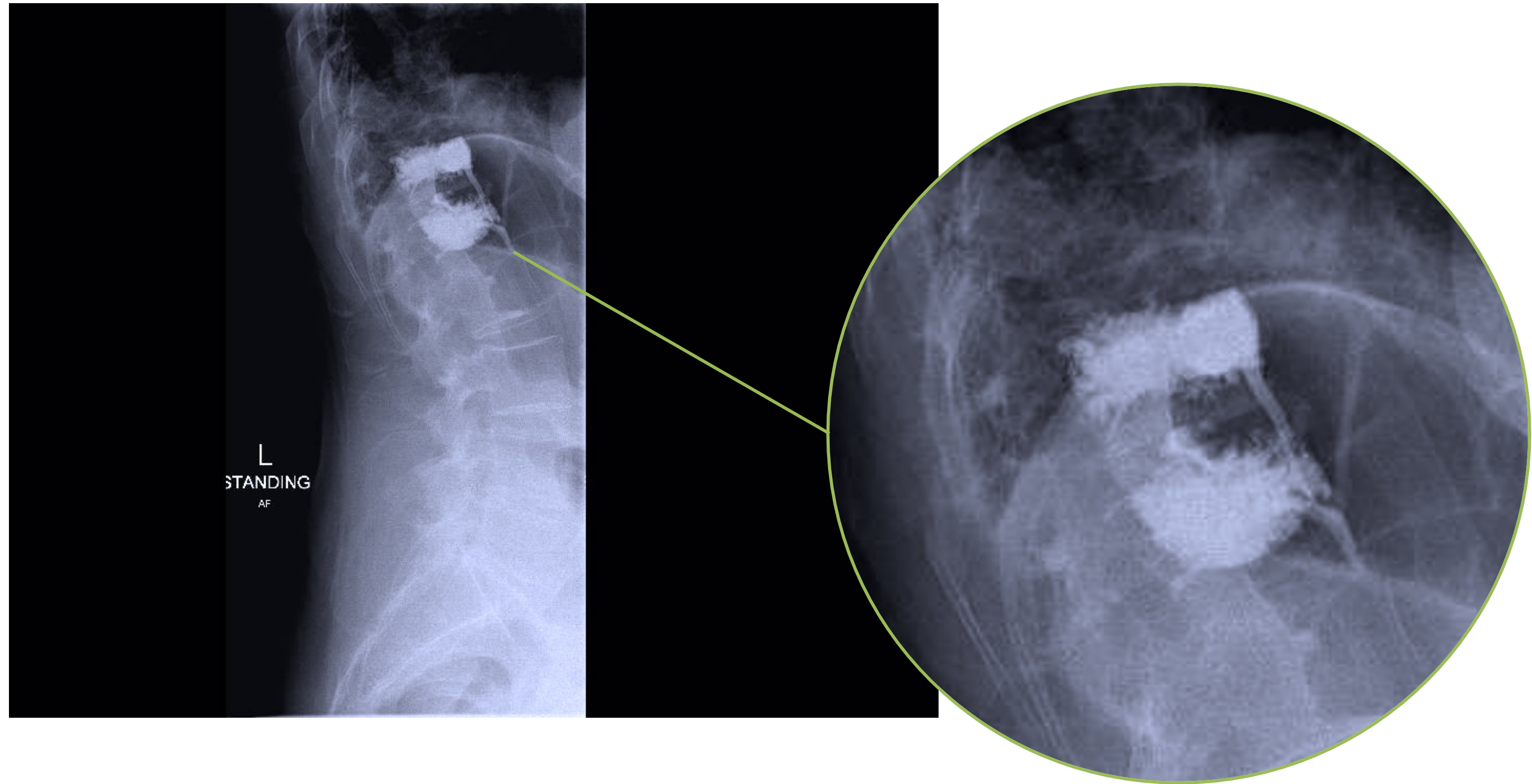


Osteoporosis Case Study

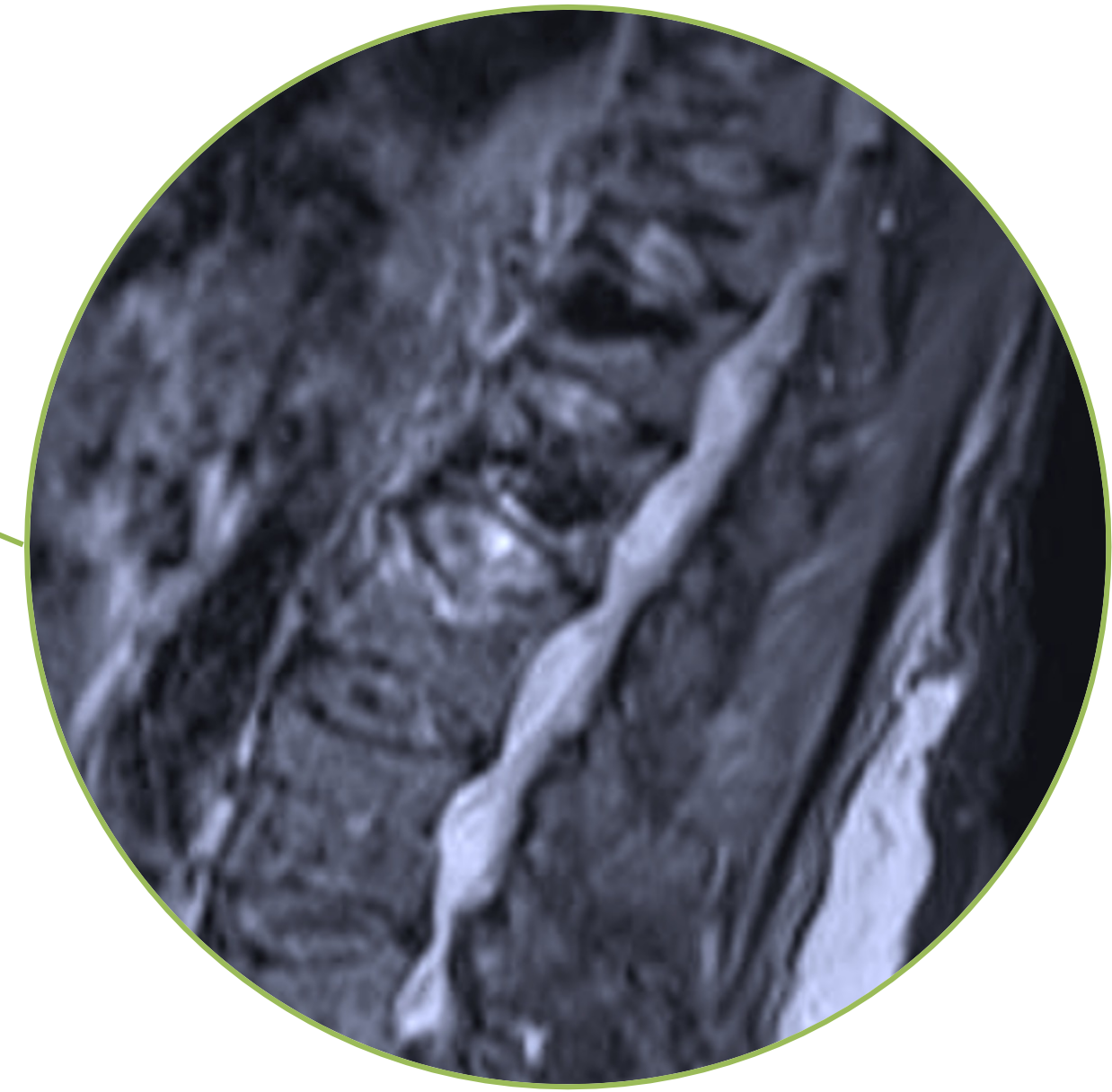
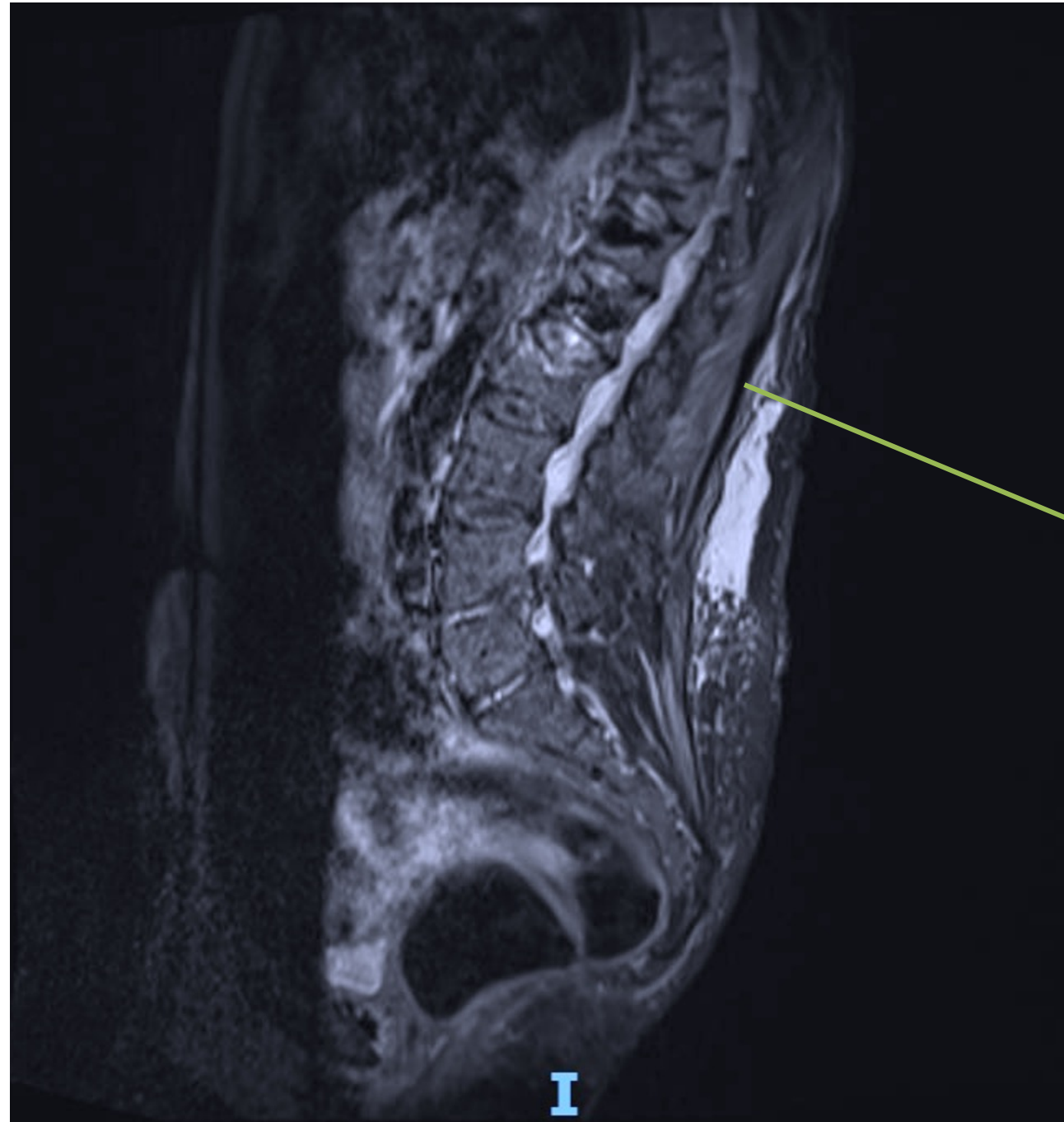


Osteoporotic Bone

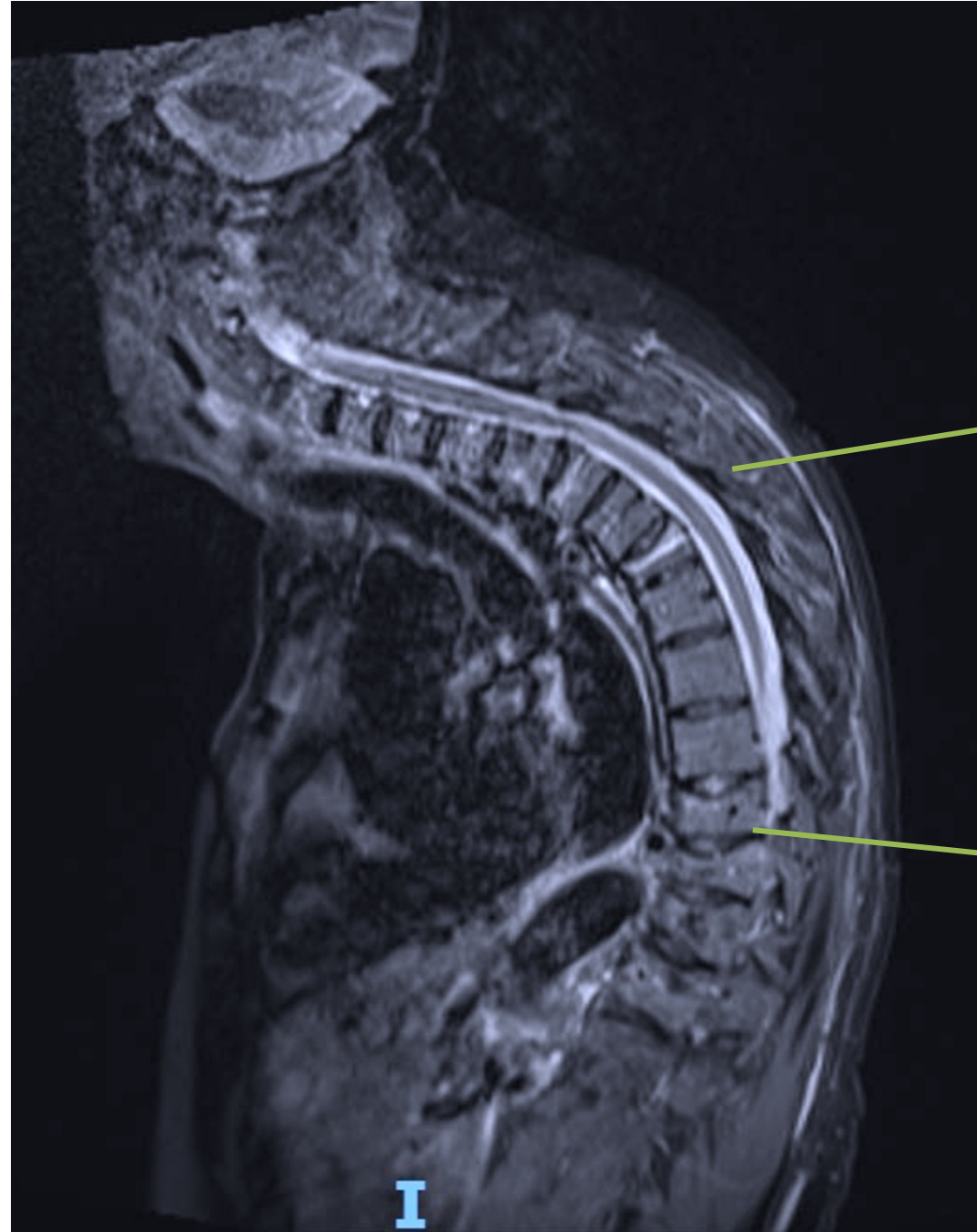
Osteoporosis Case Study



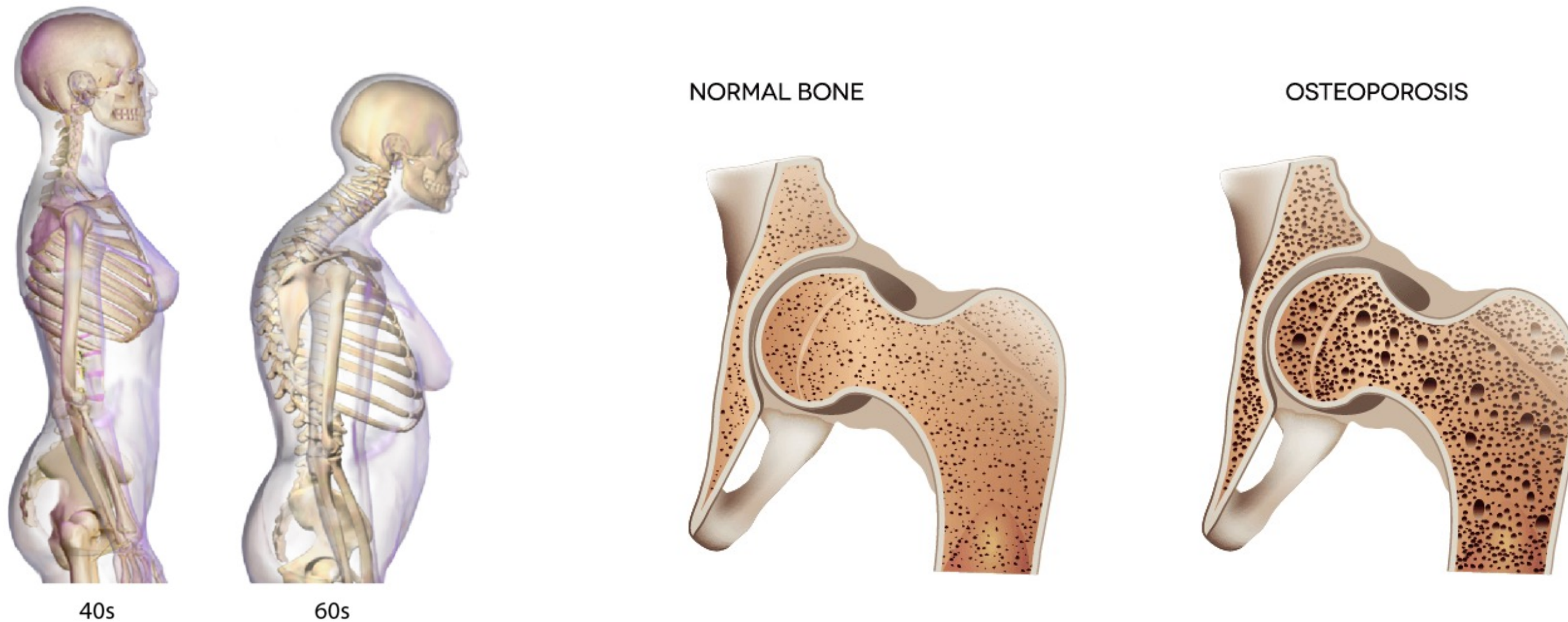
Osteoporosis Case Study



Osteoporosis Case Study



Osteoporosis – Body Changes over Time



Osteoporosis is a common degenerative bone disease resulting from reduced bone density.

Osteoporosis – Risk Factors

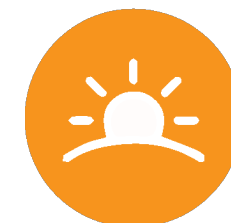
- Gender: Female
- Genetic Factors :Multiple Genes Code For It
- Family History: Maternal Hip Fracture
- Advanced Age
- Caucasian And Asian
- Prior Fragility Fracture
- Thin Frame And Obesity
- Early /Surgical Menopause
- *****Sedentary lifestyle-** Osteoporosis not known in the previous century
- Lack of exposure to Sunlight
- Dietary factors & poor Nutrition
- Smoking & Alcohol abuse
- Fizzy drinks

How Can We Improve Our Health?

Make the Switch to Lifestyle Medicine

Lifestyle Medicine (LM) is a therapeutic intervention based on evidence to offer alterations in a person's living patterns to promote better health.

It is suitable both for people suffering from chronic health conditions and those who are healthy.



Diet

Natural
Movement
Exercise

Environment

Sleep

Sunlight

Stress

Genetics

Infections

Smoking
Alcohol

Factors Affecting Our Well being and Health

Exercise

- You can lower your risk of heart disease, stroke and type 2 diabetes
- You can reduce your risk of breast, bowel, womb cancer
- You can build bone strength with swimming
- High Intensity Interval training is advised for most people
- Exercise is a good way to lose weight
- Weight training is helpful to reduce risk of osteoporosis
- Dairy can increase mortality from osteoporosis/soy can protect
- Exercise increases insulin activity
- Resistance training is recommended twice a week at least
- 150 min of moderate activity or 50 min of intense activity/ week is recommended
- 15min/day of activity has been shown to reduce mortality



The Benefits of Exercise

WHEN TO START

- Earlier the better!
- **All ages benefit**
- Under supervision if needed

HOW OFTEN

- **Weekly Exercise**
 - 150 min of moderate activity
 - 50 min of intense activity
- **15 min a day reduces mortality**

BENEFITS

- **Reduced Risk of osteoporosis**
- increases insulin activity
- Promotes Weightloss
- Build bone strength with swimming

Exercise & Prevention of Osteoporosis

- Walking unsupported prevents loss of bone stock but does not increase bone density very much unless weighted down*
- Strength, aerobic, high impact and/or weight-bearing training, as well as whole-body vibration (WBV) alone or in combination with exercise, may help to increase or at least prevent decline in bone mass with ageing, especially in postmenopausal women.*
- Women doing muscle strengthening exercises have a lower incidence of falls. Taichi also beneficial
- Exercises such as cycling, and swimming are good aerobic exercises but not good for building bone



(* gómez-cabello et al.¹⁰)

Natural Movement Exercise

TYPES

High Intensity Interval Training

Best For Bone Building, weight-loss and toning

Closed loop exercises

Best for cardio -swimming & cycling

BENEFITS

Improves

- insulin sensitivity
- sleep patterns
- mood and mental health
- Promotes Weight loss

Reduces Risks of

- Heart disease & Stroke
- breast, bowel, womb cancer
- lifestyle cancer recurrence

Natural Movement & Daily Exercises



Resistance Training or Weight-bearing Exercise

WHEN TO START

- Earlier children start the better
- **All ages benefit**
- Under supervision if needed

HOW OFTEN

- **working out all groups of muscles**
- **Resistance training is recommended twice a week at least**

BENEFITS

Reduces

- Risk of osteoporosis
- Risk of sarcopenia

Resistance & Weight Bearing Exercises



Restorative Sleep

HOW MUCH?

**7 – 9 hours of
good quality
sleep needed**

KEEP IN MIND

Screen-free time
Regular Exercise
Black-out curtains
Early supper
Shower/bath/
Book/soft music
/podcasts

BENEFITS

helps DNA
repair, memory
building

Helps many
medical
conditions



Thank You!

For more information please visit:

www.rajivbajekal.com for information on Orthopaedics & Lifestyle Medicine

www.rohinibajekal.com for more information on Plant-based Nutrition & Osteoporosis

www.nitubajekal.com for more information on Women's Health & Osteoporosis

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