

Early Detection of Osteoporosis, Lecturer of FK UPNVJ Dr. dr. Basuki Conducts Examination of Elderly Bones and Socialization in Tugu Village, Depok

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HumasUPNVJ - Quoting the Republika.co.id page, that there are many cases of osteoporosis in Indonesia which are classified as high. Quoting data from the International Osteoporosis Foundation (IOF) states that 1 in 4 elderly women in Indonesia are at risk of developing osteoporosis.

Dr. dr. Basuki Supartono., SpOT from the UPN Veteran Jakarta Faculty of Medicine (FK) explained, this condition increases the risk of fractures and even death in sufferers. "Elderly people who have fractured their hip joints have a high risk of death," he explained in a health lecture at Community Service activities in Tugu Village, Depok, West Java, Wednesday (8/12/21).

Furthermore, Basuki explained, Indonesia's osteoporosis risk rate is 22.3% while for osteopenia - the stage before entering osteoporosis is 32.3%. According to him, the highest incidents were found in three provinces, namely North Sulawesi (27.7%), followed by West Java (22.2%) and Yogyakarta (17.1%). To minimize this problem, Basuki stressed, prevention activities need to be carried out through various activities. . "One of them is through community activities in Depok," he explained.

He asserted, osteoporosis can attack various age levels, including youth, but it affects older people, especially women. According to him, old age triggers the activity of bone-destroying cells so that the elderly or the elderly are susceptible to osteoporosis.

Various human bones are affected but osteoporosis is more common in thin bones such as the wrists, shoulder joints, hip joints and spine. He explained, osteoporosis is a threat to the health of elderly women. Osteoporosis is also called the silent disease because it secretly eats away at the bones without the patient knowing it, meaning that the patient does not complain and only complains of bone pain when the patient's bone is broken.

According to him, these fractures can occur only because of a light impact (minimal trauma) and can even occur without a collision, fall or trauma. "Research says half of all women will experience osteoporosis and fractures during their lifetime. One in three men aged over 75 years will experience osteoporosis," he explained.

The World Health Organization (WHO) predicts that this number will increase fourfold by 2050 and will certainly become a big problem for humanity. Because of that WHO proclaimed this decade as the decade of bones and joints. "In Indonesia there is no exact data yet, but with increasing life expectancy the figure may be quite high," he said.

As a comparison, we can mention the incidence of osteoporosis in several countries in various parts of the world. In North America, it is reported that there are around 20 million sufferers of osteoporosis and every year 1.5 million people experience fractures with the costs spent on treating them very expensive, reaching around 10 billion US dollars.

Early examination

To prevent symptoms of early osteoporosis, Basuki and his team conducted outreach to more than 50 elderly people. The socialization was filled with health checks and health lectures with the title "What is osteoporosis and how to prevent it?" Before attending the health lecture, the participants underwent an examination with an Osteosys device. Through this tool, the level of bone mass density of the elderly is measured.

Osteosys has an indicator that contains bone density data. When the status is green, it means that the condition of the bones is good. If the status is yellow, you have to be careful. The elderly must consume foods or supplements that contain high calcium. When the indicator is red, the elderly must immediately get special treatment to increase calcium.

According to Basuki, this tool is important for detecting elderly patients who experience symptoms of osteoporosis. Unfortunately, he said, not many hospitals have these tools. "There is no health center either. If the government pays attention to the elderly, this tool is important for prevention," he said.

After the community service activities, Basuki and the team distributed them

. This juice is rich in calcium and easy to make. Some of the juice or smuti ingredients include papaya, orange, guava, avocado to jicama.



Juices for the prevention of osteoporosis

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