

# UPNVJ FK Lecturer Dr. dr. Basuki: Drinking Smoothie Juice, One of the Delicious Ways to Prevent Osteoporosis

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Launch Liputan6.com, Orthopedic surgeon specialist Basuki Supartono said there are several foods and drinks that can be consumed as part of preventing osteoporosis or bone loss.

"One of them is *smoothie* juice, namely all the ingredients for making juice in a raw/uncooked state so that the enzyme content remains intact. Then combine fruit or vegetable colors in several colors, for example red, orange, yellow, green, purple, white," he explained. in a press statement Wednesday (8/12/2021).

Basuki reminded that smoothie juice should not be added with syrup, granulated sugar, or sweetened condensed milk.

"For neutralizing the taste, you can use cucumber juice, lemon/lime juice, or ginger.

## Elderly Citizens Issues

Previously, he explained that osteoporosis is one of the problems of the elderly (elderly). According to him, this disease is dangerous because it can cause fractures and complications of death.

For this reason, he does community service (abdimas) to deliver education related to osteoporosis.

"This time we are doing Abdimas by socializing about Osteoporosis. The enthusiasm of the lecturer's knowledge and research is conveyed to the community to help solve problems in the field."

A lecturer at the Faculty of Medicine at the National Development University (UPN) Veterans Jakarta also said that osteoporosis is a preventable disease.

"Therefore, we as lecturers at UPN Veterans Jakarta Medical Faculty are interested in helping to provide alternative solutions to the problem mentioned above. Namely with osteoporosis counseling activities through measuring bone strength and preventing falls," he added.

## Osteoporosis Risk

Some people who have the potential to experience osteoporosis are postmenopausal women, the elderly, have certain diseases, people who take certain drugs, people who are sedentary and people who eat and drink certain things.

The good news, continued Basuki, osteoporosis can be prevented. Some steps that can be taken are screening, a healthy lifestyle, regular exercise, enough vitamin D and calcium and preventing falls.

Lastly, he advised everyone to think about risk factors for osteoporosis as early as possible.

"Once again apply a healthy lifestyle. During this pandemic we are increasingly educated to adopt a healthy lifestyle, God willing, it will be useful for preventing various diseases including osteoporosis," concluded Basuki.

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