

dr. Basuki: Called the Silent Disease, Osteoporosis is mostly complained of when a bone is broken

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HumasUPNVJ â€” Launching Liputan6.com, an orthopedic surgeon who is also a lecturer at the UPN Veteran Jakarta Faculty of Medicine, dr. Basuki Supartono said that osteoporosis (thin bone) increases the risk of death in sufferers, especially the elderly (elderly).

"Elderly people who experience hip fractures have a high risk of death," said Basuki in a press statement received by Health Liputan6.com Monday (13/12/2021).

Not only the elderly, osteoporosis can attack various age levels, including youth, but it affects older people, especially women.

The reason, old age triggers the activity of bone-destroying cells so that the elderly are susceptible to osteoporosis.

Osteoporosis can occur in any human bone, but it is more common in thin bones such as the wrists, shoulder joints, hip joints, and spine.

â€œOsteoporosis is a threat to the health of elderly women. Osteoporosis is also called the silent disease because it silently eats away at the bones without the sufferer knowing it. That is, the patient does not complain and only complains of bone pain when the patient's bone is broken," said Basuki.

In people with osteoporosis, fractures can occur only because of a light impact (minimal trauma) and can even occur without impact, fall, or trauma.

â€œResearch says half of all women will experience osteoporosis and fractures during their lifetime. One in three men over the age of 75 will experience osteoporosis," Basuki continued

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