

WORLD OSTEOPOROSIS DAY 20TH OCTOBER, 2012



A campaign to raise awareness about Osteoporosis was launched by the Pakistan Society for the Rehabilitation of the Disabled as part of Bone and Joint Action week from 15th - 19th October 2012. Osteoporosis is a disease which affects both men and particularly women as they get older. According to the International Osteoporosis Foundation 1 in 3 women and 1 in 5 men will get osteoporosis at some stage in their lives. Osteoporosis, which means "porous bones", gradually weakens the bones until they

become so fragile that they fracture. One fracture often leads to other fractures which can have serious consequences. The theme for this year's World Osteoporosis Day is "Stop at One". Prevention is always the best cure.

A talk in this regard was held on Wednesday 17th October 2012 at the Model Town Ladies Club. Senior Orthopaedic Surgeon Dr. Javed Iqbal Khan, addressing a large gathering of ladies, enumerated the different ways to prevent this debilitating disease by maintaining an optimum weight, plenty of exercise, adequate intake of calcium and vitamin D & regular checkups.



Mrs. Ghazala Hameed, Vice President PSRD and National Coordinator Bone and Joint Decade 2010 - 2020 also spoke on the occasion. She informed the participants about the excellent facilities available at PSRD to treat musculoskeletal conditions and the collaboration between PSRD and the Bone and Joint Decade.

The ladies present appreciated the talk very much and raised a number of questions. Bone Density Clinics were also organized on this occasion and at PSRD on several days during the week. A large number of people attended the clinics and got themselves checked.

Throughout the week there was widespread dissemination of informative leaflets regarding Osteoporosis leading right up to World Osteoporosis Day on Saturday, 20th October, 2012.

Motorbike Awareness Ride for Osteoporosis

On 20th October 2012, Mr. Mukarram Tareen and biker community organized a motorbike awareness ride through Lahore for Osteoporosis on Saturday 20th October, 2012. All these activities generated a lot of interest among the public.