

Department of Orthopaedics, AIIMS Bibinagar conducted a CME cum Webinar on Osteoporosis on ‘World Osteoporosis Day’

Beat It Before You Treat It” CME cum webinar:

Department of Orthopaedics, AIIMS Bibinagar conducted a CME cum Webinar on Osteoporosis on ‘World Osteoporosis Day’ on 20th Oct 2022, under the aegis of esteemed Executive Director Prof. (Dr.) Vikas Bhatia. Portable Ultrasonic BMD analysis camp was organized and it was attended by 200 delegates. Importance of health education, dietary modification and practical tips on proper Vitamin D, high protein/calcium-rich diet were elucidated.

Dr. Bhatia emphasized the importance of replacing our junk foods with healthy millet rich, protein rich foods for promoting overall health and the importance of vitamin D in bone health and urged all to get adequate sunlight as and when permitted. Medical Superintendent Dr. Neeraj Agarwal urged to promote ragi and millet based diet for good health.

Basic Concepts of Osteoporosis Prevention, detection and treatment were delivered. A calcium-rich diet was provided as refreshments to all the participants.







