

The newsletter by **2050 HEALTHCARE**



CARECONNECT

Volume 2 Issue III

March 2025



Strong Bones, Strong Women

Understanding Osteoporosis to
Enhance Women's Health

PREVENT, DETECT, PROTECT - YOUR BONES MATTER!

MESSAGE *from* LEADERSHIP



Ms. K. Lekhashree
(State Head - Odisha)

The Importance of Women's Health: Hormonal Balance and Regular Check-Ups

Women's health is foundational to the well-being of families, communities, and future generations. As healthcare continues to evolve, our commitment remains steadfast—empowering women with the knowledge, care, and resources they need to thrive. Yet, many face challenges related to hormonal imbalances and preventable diseases. Hormonal fluctuations can affect energy levels, mood, metabolism, and reproductive health, often going undiagnosed or untreated. Additionally, conditions such as **heart disease and osteoporosis** remain significant health risks, emphasizing the need for regular check-ups and proactive care. Prioritizing early detection and preventive health care can greatly improve long-term health outcomes and quality of life.

At 2050 Healthcare, we are committed to advancing women's health through **comprehensive care, innovative solutions, and patient-centered approaches**. Hormonal imbalances, including polycystic ovary syndrome (PCOS), thyroid disorders, and menopause-related concerns, require personalized treatment plans. By integrating **advanced diagnostics, AI-driven risk assessments, and holistic wellness strategies**, we ensure that women receive tailored healthcare solutions at every stage of life.

Preventive care is equally crucial. Regular screenings for breast cancer, osteoporosis, and cardiovascular conditions can make a life-saving difference. With **telehealth services, digital health monitoring, and state-of-the-art medical technology**,

we provide women with accessible and effective healthcare solutions. Our goal is to remove barriers to care, empowering women to take control of their health journeys.

This March, as we observe the impactful occasion of **International Women's Day**, we look to make a difference in the lives of the women around us. At 2050 Healthcare, we believe in fostering **awareness, accessibility, and personalized medicine** to transform the future of women's health. By combining cutting-edge research with compassionate, proactive care, we strive to create a world where every woman has the resources and support she needs to thrive.

Let's work together to prioritize women's health—because when women are healthy, families and communities flourish.

Understanding Osteoporosis in Women: Prevention, Early Detection, and Maintenance

KEY RISK FACTORS FOR OSTEOPOROSIS

- Menopause & Estrogen Deficiency
- Poor Calcium & Vitamin D intake
- Sedentary lifestyle, Smoking & Alcohol Consumption
- Hormonal Disorders- Thyroid, PCOS

PREVENTION: BUILDING STRONGER BONES

- Eat Calcium-rich foods & take Vitamin D
- Engage in Weight-bearing/ Strength Training exercises
- Avoid Smoking & Excessive Alcohol



EARLY ACTION, STRONGER BONES: WHY SCREENING MATTERS

- Get regular bone density scans
- Watch for early signs like back pain & posture changes
- Talk to your doctor if you have risk factors

MANAGING OSTEOPOROSIS: STAY STRONG, STAY ACTIVE

- Take proper medications & supplements as prescribed
- Practice strength & balance exercises to prevent falls
- Maintain healthy lifestyle for long-term bone strength

PCOS and Ayurveda: A Holistic Approach



Ayurvedic View on PCOS

- Imbalance of **Vata, Pitta, and Kapha** affects hormones
- Poor digestion & toxin buildup (**Ama**) contribute to symptoms
- Focus on detoxification (**Panchakarma**) and lifestyle changes

Natural Healing Through Ayurveda

- **Diet:** Warm, light foods; avoid processed, dairy & excess sugar
- **Herbs:** Ashwagandha (stress relief), Shatavari (hormonal balance) & Triphala (digestion)
- **Yoga & Meditation:** Helps regulate hormones and reduce stress

Our Perspective To Address Hormonal Imbalance (Infertility, PCOS) and Osteoporosis

- **Integrated Holistic Care:** Combining Ayurveda with modern personalized medicine
- **Personalized Plans:** Diet, herbal remedies & yoga therapy
- **Women's Health Programs:** Therapies tailored to support reproductive health and hormonal balance.



Doctor's Corner

Dr. Madhavi Verma, MBBS, DGO, FRM, Fertility Specialist



Q Why are women more at risk for osteoporosis?

A Women are more prone to osteoporosis due to hormonal changes, especially after menopause when estrogen levels drop. Estrogen helps maintain bone density, so its decline increases the risk of bone loss and fractures.

Q How can osteoporosis be prevented?

A Osteoporosis prevention includes:

- Consuming calcium-rich foods (dairy, leafy greens, almonds)
- Ensuring adequate vitamin D (sun exposure, supplements)
- Engaging in weight-bearing exercises like walking, yoga, and strength training
- Avoiding smoking and excessive alcohol

Q How does Ayurveda address Osteoporosis and PCOS?

A Ayurveda treats both **osteoporosis (Asthi Kshaya)** and **PCOS (Polycystic Ovarian Syndrome)** by balancing the body's **doshas (Vata, Pitta, and Kapha)** and strengthening digestion (Agni).

For Osteoporosis: Ayurveda focuses on **Vata balancing** with nourishing foods, herbal supplements, and lifestyle changes.

Calcium-rich herbs like Ashwagandha, Shatavari, and Hadjod support bone strength, while therapies like Abhyanga (oil massage) help maintain bone health.

For PCOS: Ayurveda targets **Kapha imbalance** by improving metabolism, detoxifying the body (Panchakarma), and regulating hormones. **Herbs** like Shatavari, Ashoka, and Triphala aid reproductive health, while yoga and mindful eating promote hormonal balance.

Q How can women maintain bone health after an osteoporosis diagnosis?

A Management of bone health includes:

- Medications to slow bone loss
- Strength and balance exercises to prevent falls
- Nutritional support with calcium, vitamin D, and bone-strengthening foods
- Regular check-ups to monitor bone density and adjust treatment plans

Q When should women start screening for osteoporosis?

A Women should consider **bone density testing (DEXA scan)** by age 65, or earlier if they have risk factors like a family history, early menopause, or frequent fractures.

**Honoring the Women
Who Inspire, Heal,
and Lead Every Day**



**Creating Healthier
Communities
through Outreach &
Awareness**

We are one of **India's leading chain of rehabilitation centers** providing you with the best rehabilitation facilities such as:

- **Post Stroke Rehabilitation**
- **Neurological Rehabilitation**
- **Cardiopulmonary Rehabilitation**
- **Orthopaedic Trauma Rehabilitation**
- **Sports Injury / Spine Rehabilitation**
- **Paediatric Rehabilitation**
- **Oncology Rehabilitation**
- **Liver/Biliary Rehabilitation**



Home Healthcare Services	Day Care Procedures	Long Term Acute Care	Speech & Swallow Lab
Pharmacy 24X7	Nurses & Nursing Attendants 24X7	Occupational Therapy Lab	In-patient Rehab & Physiotherapy
Diet & Nutrition Management	Doctor Consultations	Lab & Diagnostics & Sleep Lab	Equipment (Rent & Sale)



**TOUCHED
5000+ LIVES**



**IN 20+ CITIES DELIVERING
15+ SERVICES**



**WITH 1200+ QUALIFIED EXPERTS
AND 4 CENTRES OF EXCELLENCE**





WITH YOU IN EVERY STEP OF HEALING

Corporate Office

#460, 12th Cross, MCHCES Layout, Thanisandra Main Road
(Near Manayata Tech Park), Bengaluru-560077

Registered Office

Idco Info Park, Office No- 525, DLF Cyber City,
Patia, Bhubaneswar, Odisha 751024

OUR PRESENCE

EAST ZONE

Bhubaneswar
Kolkata
Ranchi
Guwahati
Patna

WEST ZONE

Ahmedabad
Mumbai
Raipur
Bhopal
Pune
Nagpur

NORTH ZONE

Delhi
Chandigarh
Lucknow
Jaipur
Gurgaon
Dehradun

SOUTH ZONE

Bangalore
Chennai
Hyderabad
Kochi
Visakhapatnam
Vellore

 info@2050healthcare.com  +91-898 898 0202  www.2050healthcare.com

follow us:    