



Government of India
Ministry of Chemicals & Fertilizers
Department of Pharmaceuticals

Jan Aushadhi VARTA



EDITION 39

17th October, 2025

PM Modi's Next-Gen GST Revolution: Affordable Healthcare for Every Indian



On 4th September 2025, Hon'ble Prime Minister Shri Narendra Modi, in a twitter post talks about significant push towards government mission of providing affordable healthcare through Jan Aushadhi Kendras and Ayushman Bharat. Hon'ble PM highlighted recent GST reforms, including zero tax on 33 life-saving medicines and on health and life insurance, along with a reduction to 5% on essentials like medical oxygen, diagnostic kits, glucose test strips, and corrective spectacles. Echoing this, Hon'ble Union Health Minister and Minister of Chemicals and Fertilizers Shri J.P. Nadda praised the initiatives as a step toward "Affordable Healthcare for All," benefiting millions by lowering costs on critical drugs and devices. These changes, part of #NextGenGST, address long-standing demands and aim to enhance accessibility for India's middle- and lower-income families.



Total No.
of Kendras
16500+



Total Sales crossed
Rs. 1045.64 Crore
FY 2025-26
(till 30.09.2025)



Estimated Savings Approx
of **4182.56 Crore** to
Citizens FY 2025-26
(till 30.09.2025)



Sales of
September 2025 is
187.66 Crore

HIGHLIGHTS



Jan Aushadhi Goes Global: First Kendra Blooms in Mauritius

On 11th September 2025, Hon'ble Prime Minister Shri Narendra Modi announced India's support for key projects in Mauritius during a meeting in Varanasi, including the establishment of the first Jan Aushadhi Kendra outside India. Hon'ble PM mentioned that India will support the construction of AYUSH Centre of Excellence, a 500-bed Sir Seewoosagur Ramgoolam National Hospital, and a Veterinary School and Animal Hospital also in Mauritius. Additional initiatives encompass the Chagos Marine Protected Area, an ATC tower at SSR International Airport, and highway expansions, described as investments in a shared future rather than mere assistance. Building on last year's launch of UPI and RuPay cards, both nations will now advance trade in local currencies to strengthen economic collaboration.



HIGHLIGHTS

MedTech Expo 2025:

Powering India's Medical Innovation Surge



The second edition of India MedTech Expo 2025, held from September 4-6 at Bharat Mandapam in New Delhi, marks a significant milestone in the development of India's MedTech industry, as stated by Shri Amit Agrawal, Secretary of the Department of Pharmaceuticals. Organized by the department in association with the Ministry of Commerce and Industry, Export Promotion Council for Medical Devices, and CDSCO, the expo showcases the nation's MedTech strength and innovation amid Bharat Health 2025 initiatives. Secretary Pharma highlighted India's medical device production growth from 10% during COVID to 30% today, stressing the need for strategic focus, partnerships, and scaled-up R&D, manufacturing, and exports to secure a stronger global footprint.

1st - 15th September, 2025

HIGHLIGHTS



Swachhata Pakhwada 2025:

Advancing Cleanliness in Gandhi Ji's Vision



In the spirit of Mahatma Gandhi's vision for a clean India, PMBI celebrated **Swachhata Pakhwada** from September 1-15, 2025, with fervour. Led by Secretary Pharma Shri Amit Agrawal, our teams pledged to champion cleanliness and sustainability, aligning with the **Swachh Bharat Mission**. From mass oaths and decluttering workspaces to hygiene education in government schools, distributing **Jan Aushadhi Suvidha sanitary napkins**, and ensuring spotless facilities through toilet cleanliness drives, every step reflected our commitment. Senior officials' inspections sealed our resolve to build a cleaner, healthier Bharat, honouring the Father of the Nation's dream.



17th September- 02nd October, 2025

HIGHLIGHTS

Swachhata Hi Seva 2025:

Celebrating a Cleaner, Greener India!

As part of the Swachhata Hi Seva 2025 campaign themed "Swachhotsav," the Pharmaceuticals & Medical Devices Bureau of India (PMBI) under Department of Pharmaceuticals, organized various initiatives at its head office, New Delhi along with, over 11,100 Jan Aushadhi Kendras nationwide from September 17 to October 2. Led by CEO PMBI Shri Suvasis Das, activities included plantation drives to promote clean and green festivities, "Ek Din, Ek Ghanta, Ek Saath" shramdaan for public space cleanups, distribution of safety kits to safai mitras and sanitary napkins to adolescent females for menstrual hygiene awareness, and felicitation of supporting staff for their contributions to sustainability and hygiene. These efforts underscored Jan Aushadhi commitment to a cleaner, healthier India.



HIGHLIGHTS

Jan Aushadhi Shines at MedTech Expo 2025!

Shri Suvasis Das, CEO-PMBI, visited Jan Aushadhi stall at the India MedTech Expo 2025 on September 4 at Bharat Mandapam, Pragati Maidan, New Delhi. During the visit, he reviewed the stall's operations, extended his best wishes, and praised its vital role in raising awareness about the Government of India's efforts to provide affordable and accessible healthcare to all citizens across the nation.





HIGHLIGHTS

Empowering Heroes:

Jan Aushadhi Inspires Ex-Servicemen at National Conclave!

The Pharmaceuticals & Medical Devices Bureau of India (PMBI) participated in the National Conclave 2025, organized by the Department of Ex-Servicemen Welfare under the Ministry of Defence, held on September 30, 2025, at Manekshaw Auditorium in New Delhi. Attended by Rajya and Zila Sainik Boards from all states and Union Territories, PMBI presented on the Jan Aushadhi Pariyojana, motivating and guiding ex-servicemen on opening Jan Aushadhi Kendras (JAKs) while exploring collaborative pathways between the departments to advance affordable healthcare initiatives nationwide.



IN THE NEWS



Sep 17, 2025

PM Modi 75th Birthday: प्रधानमंत्री जन औषधि योजना, कैसे लोगों को कम दामों में मिल रही बेहतर दवाएं



Pradhan Mantri Jan Aushadhi Yojana 2025: भारत जैसा देश जो विश्व सबसे अधिक जनसंख्या वाला देश है, जहां लोगों को इलाज में आर्थिक दिक्कतों के कारण इलाज को बीच में ही छोड़ना पड़ता है, वहां प्रधानमंत्री जन औषधि योजना लोगों के लिए एक आशा की किरण बन कर आयी। प्रधानमंत्री जन औषधि योजना की शुरुआत नवंबर 2008 में की गई थी। हालांकि इस वक इस योजना का विस्तार कम था, लेकिन मोदी सरकार के समय में सक्रिय रूप से इस योजना को बढ़ावा मिला।



Sep 26, 2025

Indian envoy, Belize PM discuss collaboration possibilities in affordable healthcare



Belmopan, India's Ambassador to Mexico, Pankaj Sharma met Belize's Prime Minister John Briceno and conveyed the greetings from Prime Minister Narendra Modi on Belize's Independence Day. Sharma and Briceno discussed the possibilities of collaboration in affordable healthcare, especially through the Pradhan Mantri Janaushadhi Pariyojna (PMBJP).



Indian Masterminds

Sep 01, 2025

Sarbananda Sonowal Inaugurates Janaushadhi Kendra in Dibrugarh, Highlights PM SVANidhi's Impact on Street Vendors



Dibrugarh: Union Minister of Ports, Shipping and Waterways Sarbananda Sonowal inaugurated a Pradhan Mantri Bharatiya Janaushadhi Kendra at Milan Nagar in Dibrugarh on Sunday. The initiative aims to provide affordable generic medicines to the public, strengthening access to healthcare in the region.

अमर उजाला

Sep 09, 2025

Sultanpur News: ब्रांडेड नहीं, जनऔषधि केंद्रों की दवाएं ही लिखें डॉक्टर

बाराबंकी। मरीजों को ब्रांडेड दवाएं लिखने की जगह अस्पताल में दवा न होने पर अब चिकित्सक सिर्फ जनऔषधि केंद्रों पर मिलने वाली अच्छी और सस्ती दवाएं ही मरीजों को लिखेंगे। प्रमुख सचिव चिकित्सा एवं स्वास्थ्य ने की तरफ से जारी आदेश के साथ ही सभी सीएमओ और सीएमएस को इसका पालन सख्ती से कराने के लिए कहा गया है। निगरानी के दौरान यदि कोई चिकित्सक बाहर की ब्रांडेड दवा लिखता मिलेगा, उसके खिलाफ कड़ी कार्रवाई होगी।

जिले के 23 अस्पतालों में जनऔषधि केंद्र खोले जाने हैं, इनमें से 20 अस्पतालों में केंद्र खोले दिए गए हैं। जिला अस्पताल, सीएचसी फतेहपुर और सिरौलीगौसपुर में केंद्र खोलने की प्रक्रिया चल रही है। मौसमी बदलाव के कारण अस्पतालों में इन दिनों मरीजों की भीड़ काफी बढ़ी है। जिला अस्पताल में प्रतिदिन जहां 1500 से 1800 मरीज देखे जा रहे हैं।

वहीं सीएचसी पर 250 से 300 मरीज प्रतिदिन इलाज के लिए पहुंच रहे हैं। ऐसे में परचे पर तीन चार दवाएं अस्पताल की लिखने के साथ एक दो दवाएं ब्रांडेड भी लिख रहे हैं। इस पर रोक लगाने के उद्देश्य से ही प्रमुख सचिव स्वास्थ्य पार्थ सारथी सेन शर्मा ने आदेश जारी कर कहा है कि अस्पताल की फार्मसी पर दवाएं उपलब्ध न होने की स्थिति में ब्रांडेड दवाएं लिखने के बजाए जनऔषधि केंद्रों पर उपलब्ध जेनरिक दवाएं ही लिखी जाएं।

IN THE NEWS

India education diary

Oct 09, 2025

Department of Pharmaceuticals Initiates Preparations for Special Campaign 5.0



The Department of Pharmaceuticals, Ministry of Chemicals and Fertilizers, has initiated preparations for Special Campaign for Disposal of Pending Matters (SCDPM) 5.0, with an aim to saturate pendency across all aspects of governance.

As per the guidelines issued by the Department of Administrative Reforms and Public Grievances (DARPG), the targets of SCDPM 5.0 will be finalized by 25th September, 2025. Necessary instructions have already been issued to all organizations under the Department, including its attached offices, autonomous bodies, PSUs, and societies, to ensure full participation and timely implementation.



Sep 02, 2025

आप भी खोल सकते हैं जन औषधि केंद्र, यहां करना होता है अप्लाई और लगते हैं ये डॉक्यूमेंट्स

अगर आप कम निवेश में बिजनेस शुरू करना चाहते हैं और साथ ही लोगों को सस्ती और अच्छी क्वालिटी की दवाइयां उपलब्ध कराना चाहते हैं तो प्रधानमंत्री जन औषधि केंद्र एक शानदार ऑप्शन हो सकता है। यहां जेनेरिक दवाइयां ब्रांडेड दवाइयों से 50 से 80 फीसदी तक सस्ती मिलती हैं और आपको भी अच्छी खासी कमाई हो सकती है। खास बात यह है कि सरकार इस बिजनेस को शुरू करने के लिए आर्थिक मदद भी देती है।

कौन खोल सकता है जन औषधि केंद्र?

जन औषधि केंद्र खोलने के लिए कुछ शर्तें तय की गई हैं। इसके लिए आपके पास डी फार्मा या बी फार्मा होना जरूरी है। साथ ही कम से कम 120 वर्ग फुट जगह होनी चाहिए, इसके अलावा आवेदन शुल्क 5 हजार रुपये रखा गया है।

दैनिक भास्कर

Sep 20, 2025

प्रधानमंत्री जन औषधि केंद्र से मिल रही सस्ती दवाओं से आमजन को बड़ी राहत



मध्य प्रदेश के गुना जिले में प्रधानमंत्री जन औषधि योजना ने आम लोगों को बड़ी राहत प्रदान की है, खासतौर पर उन परिवारों को जो आर्थिक तंगी के कारण निजी मेडिकल स्टोर्स से महंगी दवाइयां खरीदने से वंचित रह जाते थे। इससे इनकी सेहत पर बुरा असर पड़ता था, लेकिन अब जन औषधि केंद्रों पर मिल रही दवाओं की उपलब्धता ने न केवल उनका इलाज आसान बनाया है, बल्कि मासिक खर्च में भी भारी कटौती की है।

हि हिन्दुस्तान

Sep 04, 2025

सरकारी अस्पतालों के डॉक्टर लिखेंगे जेनेरिक, जन औषधि की दवाएं



देवरिया। निज संवाददाता सरकारी अस्पतालों में तैनात डॉक्टर जेनेरिक, पीएम जन औषधि की दवाएं लिखेंगे। अस्पताल के स्टोर में उपलब्ध नहीं होने पर जेनेरिक और जन औषधि दवा लिखने का निर्देश दिया गया है। इसका पालन कराने को प्रमुख सचिव पार्थसारथी सेन शर्मा ने महानिदेशक, सभी निदेशक, सीएमओ, अधीक्षक को पत्र लिखा है। अफसरों को अपने क्षेत्र के अस्पतालों पर आदेश का कड़ाई से पालन कराने का निर्देश दिया है। ब्रांडेड दवा लिखने वाले की शिकायत करने को अस्पताल परिसर में बोर्ड पर मोबाइल नंबर लिखने को निर्देशित किया है। मेडिकल कालेज से लेकर सीएचसी, पीएचसी व न्यू पीएचसी की ओपीडी में रोज हजारों की संख्या में विभिन्न बीमारियों से पीड़ित मरीज पहुंचते हैं।



SOCIAL MEDIA HIGHLIGHTS

(PMBJP Retweeted)

Post

Narendra Modi @narendramodi

Affordable healthcare for every Indian has always been our mission.

From Jan Aushadhi Kendras to Ayushman Bharat, and now with reduced GST on essential health products, including zero tax on 33 life-saving medicines, we continue our journey to make quality healthcare more accessible and affordable for all.

#NextGenGST

Dr Sumeet Shah @DrSumeetShah · Sep 3

We have to thank @PMOIndia, @narendramodi for relief given in GST in Healthcare Sector.

It was a long standing demand from everyone to reduce GST on Life & Health Insurance. The PM has made it Zero. On medical oxygen, diagnostic kits, ... [Show more](#)

Relief in Healthcare Sector

Items	From	To
Individual Health & Life Insurance	18%	Nil
Thermometer	18%	5%
Medical Grade Oxygen	12%	5%
All Diagnostic Kits & Reagents	12%	5%
Glucometer & Test Strips	12%	5%
Corrective Spectacles	12%	5%

7:44 PM · Sep 4, 2025 · 1.5M Views

1K 3.8K 20K 282

Post

Jagat Prakash Nadda @JPNadda

Affordable healthcare is a people's mandate delivered by PM Shri @narendramodi Ji's Govt. With #NextGenGST reforms:

- Drugs & medical devices cheaper
- Spectacles affordable
- Fitness & nutrition within reach

This is a decisive step to make 'Swasthya Bharat, Samruddh Bharat' a reality.

11:20 AM · Sep 4, 2025 · 14.1K Views

32 203 533 3

Post

Anupriya Patel @AnupriyaSPatel

The Next-Gen GST reforms announced by FM @nsitharaman ji under the visionary leadership of Hon'ble Prime Minister @narendramodi ji are a game-changer for our healthcare sector! Reduced tax burden on essential medical items, boost for pharmaceutical manufacturing, more affordable healthcare for all citizens, and enhanced support for fertiliser sector benefiting our farmers and giving boost to agriculture. These structural reforms will strengthen India's health infrastructure while making quality healthcare accessible to every household. A historic step towards #AatmanirbharBharat! #GSTReforms #HealthcareForAll #NextGenGST #ModiSarkar

Historic Diwali Gift for the Nation
NEXT-GEN GST REFORM
for Ease of Living & to build Aatmanirbhar Bharat

From farmers to enterprises, from households to businesses, the Next-Gen GST brings happiness for all!

Items	From	To
Heat Oil, Kerosene, Turpentine, Toilet Soap	18%	5%
Bar Soap, Shampoo, Shaving Cream	18%	5%
Balloon, Green, Cheese & Dairy Specialty	12%	5%
Pre-packaged Noodles, Breads & Mixtures	12%	5%
Utensils	12%	5%
Foodstuffs, Staples for Bakes & Confectionery	12%	5%
Sewing Machines & Parts	12%	5%

Items	From	To
Tractor Tyres & Parts	18%	5%
Tractors	12%	5%
Specialised Bar, Hardware, Power Equipment	12%	5%
Tractor Integration Systems & Equipment	12%	5%
Agricultural, Horticultural and Forestry Machinery for Soil Preparation, Cultivation, Harvesting & Threshing	12%	5%

Items	From	To
Individual Health & Life Insurance	18%	Nil
Thermometer	18%	5%
Medical Grade Oxygen	12%	5%
All Diagnostic Kits & Reagents	12%	5%
Glucometer & Test Strips	12%	5%
Corrective Spectacles	12%	5%

Items	From	To
Tractor Tyres & Parts	18%	5%
Tractors	12%	5%
Specialised Bar, Hardware, Power Equipment	12%	5%
Tractor Integration Systems & Equipment	12%	5%
Agricultural, Horticultural and Forestry Machinery for Soil Preparation, Cultivation, Harvesting & Threshing	12%	5%

8:07 PM · Sep 19, 2025 · 13.1K Views

24 122 673 1

Post

Rekha Gupta @gupta_rekha

माननीय प्रधानमंत्री श्री @narendramodi जी के मार्गदर्शन में दिल्ली सरकार द्वारा सिर्फ 6 महीनों में 168 आयुष्मान आरोग्य केंद्र और 25 जन औषधि केंद्र शुरू किए जा चुके हैं।

अब दिल्ली के नागरिकों को 2,000 से अधिक जीवनरक्षक दवाइयां 50 से 90% तक कम दामों पर उपलब्ध हो रही हैं। कॉलोनी में ही अत्याधुनिक स्वास्थ्य सेवाएं निशुल्क उपलब्ध कराई जा रही हैं। इससे हर परिवार को आर्थिक राहत मिली है और हर नागरिक के जीवन में स्वास्थ्य सुरक्षा का नया भरौसा जुड़ा है।

दिल्ली अब अपने बड़े लक्ष्य 1,139 आयुष्मान आरोग्य केंद्रों की ओर तेज़ी से अग्रसर है।

0:24

8:07 PM · Sep 19, 2025 · 13.1K Views

24 122 673 1

PMBJK

Inauguration Insights



Shri Satish Mahana
Hon'ble Speaker, Uttar Pradesh Legislative
Assembly inaugurated PMBJK
📍 **Yashoda Nagar, Kanpur (Uttar Pradesh)**

Shri Satish Chandra Dubey
Hon'ble Union Minister of State for
Coal and Mines, Govt. of India
inaugurated PMBJK
📍 **Narkatiaganj, West Champaran (Bihar)**



Shri Sambit Patra
Hon'ble Member of Parliament, Puri, Gol
inaugurated PMBJK
📍 **Pipili, Puri (Odisha)**

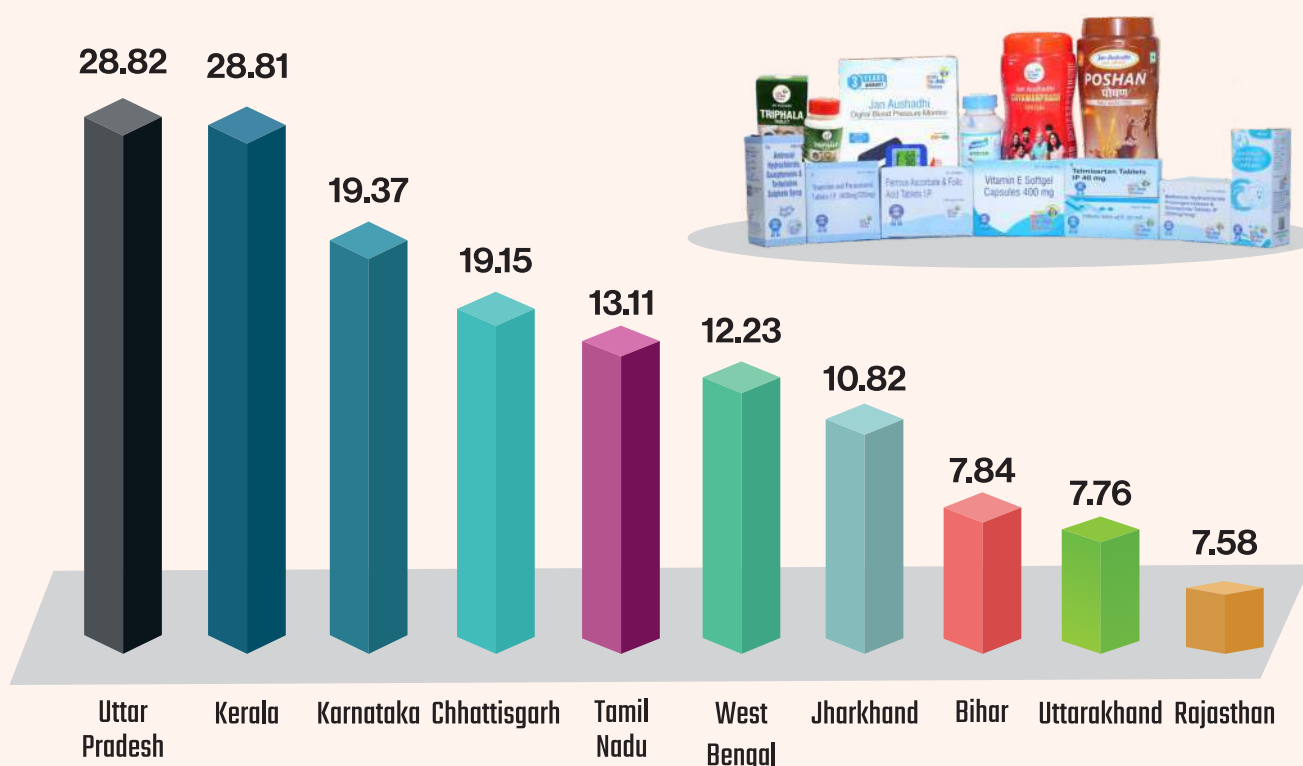
Shri Pradan Baruah
Hon'ble Member of Parliament, Lakhimpur,
Assam, Gol inaugurated PMBJK
📍 **Silapathar Model Hospital,
Dhemaji (Assam)**



Best Performing States

in terms of

Sales in Rs. Crores **SEPTEMBER 2025**



Welcoming new Partners who joined PMBI family in the month of **September 2025**

PMBJK19905 - Kapu Lalithamma - In The Premises of Apvvp Area Hospital, Riyadurgam, Ananthapuramu, Andhra Pradesh - 515865

PMBJK19869 - Babli Dhar Bhowmick - Rai Bahadur Lane, Near Kali Bari, PO & PS Jorhat, Assam - 785001

PMBJK19700 - Kajal Kumari - Near Durga Mandir, Main Road, Bhimnagar, Basantpur, Supaul, Bihar - 854338

PMBJK19979 - Neha Kumari - Vill- Rasalpur, P O- Rasalpur, PS- Bajpatti, Sitamarhi, Bihar - 843320

PMBJK19961 - Dhroove Garg - Site No. 14-A, Civil Hospital, Sector 45, Chandigarh - 160047

PMBJK19984 - Manish Kumar Nahar - Plot No 264, Arjuni, Dhamtari, Chhattisgarh - 493773

PMBJK19990 - Ram Iqbal Singh - Sports Injury Centre, Ground Floor, Safdarjung Hospital & VMMC, South Delhi - 110029

PMBJK19916 - Navinchandra Vishaji Nagar - G-01, Ground Floor, Saujanya-2, Anupam Cinema, Shree Khandu Desai Marg, Khokhra, Ahmedabad, Gujarat - 380008

PMBJK19809 - Sakshi - Near Main Chowk, Lakhan Majra, Rohtak, Haryana - 124514

PMBJK19865 - Ved Kumar - Inside ECHS Poly Clinic Satwari Cantt, Near Station Headquarter, Jammu, Jammu & Kashmir - 180020

PMBJK19703 - Arunakumara K M - Shop No. 03, Ward No. 02, GF, Near Govt. Hospital, Arsikeri, Vijayanagar, Karnataka - 583125

PMBJK19935 - Methre Arti - PID No. 4/3/1/1, G.F., Shop no. 01, Arakere, Gramathane, Chowdeshwari Temple Road, Bengaluru Urban, Karnataka - 560076

PMBJK19824 - Appu R - 19/44, 10th Mile, Valara PO, Mannamkandam, Idukki, Kerala - 685561

PMBJK19776 - Harisingh Prajapati - Shop No./ Plot No.- House of Shri Rahul Karaiya, In Front of Govt. College, College Road, Karera, Shivpuri, Madhya Pradesh - 780402

PMBJK19928 - MD. Raja Khan - S15, Assam Rifles Garrison New Keithelmanbi, Imphal West, Manipur - 795113

PMBJK20069 - El Nathan Ford Nongrum - Sohiong CHC, Mawthwan, Mawphlang, East Khasi Hills, Meghalaya - 793115

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Osteoporosis

Prevention Insights for Bone Health

Osteoporosis is a progressive disease that weakens bones, increasing the risk of fractures. Because of the morbid consequences of osteoporosis, the prevention of this disease and its associated fractures is considered essential to the maintenance of health, quality of life, and independence in the elderly population.

Types of Osteoporosis

Osteoporosis is categorized based on its causes and onset:

1. Primary Osteoporosis:

- **Postmenopausal Osteoporosis:** Common in women after menopause (typically after age 50) due to declining estrogen levels, which protect bone health.
- **Senile Osteoporosis:** Affects both men and women over 70 due to age-related bone loss.

2. Secondary Osteoporosis: Caused by medical conditions (e.g., rheumatoid arthritis, hyperthyroidism, diabetes) or medications (e.g., long-term corticosteroids, anticonvulsants).

3. Idiopathic Juvenile Osteoporosis: A rare condition in children and adolescents, often with no clear cause, leading to fractures during growth years.

4. Osteogenesis Imperfecta: A genetic disorder causing brittle bones from birth, though less common.

Each type requires specific preventive approaches based on age, health status, and risk factors.

At What Age Does Osteoporosis Occur?

Osteoporosis risk varies across life stages:

1. Young Adults (20s-30s): Bone mass peaks by the late 20s. Poor nutrition, inactivity, or smoking during this period can reduce peak bone mass, increasing future risk.

2. Middle Age (40s-50s): Bone loss begins gradually, accelerating in women post-menopause (around 45-55 years) due to estrogen decline. Men may also experience gradual loss.

3. Older Adults (60+): Significant bone loss occurs, with higher risk after 70 (senile osteoporosis). Fractures become more common in this age group.

4. Children/Adolescents: Rare cases, such as idiopathic juvenile osteoporosis or osteogenesis imperfecta, may occur due to genetic or medical factors. Prevention should start early, as strong bones built in youth provide a foundation for later years.

Causes of Osteoporosis

Osteoporosis results from an imbalance in bone remodeling, driven by multiple factors:

1. Hormonal Changes: Reduced estrogen in postmenopausal women and declining testosterone in older men weaken bones.

2. Nutritional Deficiencies: Low intake of calcium or vitamin D impairs bone formation and maintenance.

3. Lifestyle Factors:

- Smoking reduces blood flow to bones and hampers osteoblast function.
- Excessive alcohol disrupts bone remodeling and increases fall risk.
- Physical inactivity leads to bone loss due to lack of mechanical stress.

4. Medical Conditions: Disorders like hyperthyroidism, celiac disease, chronic kidney disease, or inflammatory bowel disease affect bone health.

5. Medications: Long-term use of glucocorticoids, anticonvulsants, or proton pump inhibitors can reduce bone density.

6. Genetics: A family history of osteoporosis or fractures (especially parental hip fractures) increases risk.

7. Low Body Weight: A BMI below 18.5 or a small frame reduces bone mass reserves.

8. Ethnicity: Individuals of Asian or Caucasian descent may have lower peak bone mass, increasing susceptibility.



Prevention Strategies for Osteoporosis

Preventing osteoporosis involves building bone density, maintaining it, and minimizing risk factors. Here are comprehensive strategies:

1. Nutrition:

- Calcium: 1,000-1,200 mg/day (dairy, leafy greens, almonds, fortified foods).
- Vitamin D: 600-800 IU/day (sunlight, fatty fish, fortified foods).
- Other Nutrients: Magnesium (nuts, grains), vitamin K (broccoli, spinach), protein (lean meats, pulses).
- Limit caffeine, sodium, sodas, alcohol.



2. Exercise:

- Weight-Bearing: 30-40 min, 5-6 days/week (walking, dancing).
- Strength Training: 2-3 sessions/week (weights, resistance bands).
- Balance/Flexibility: 10-15 min daily (yoga, tai chi).



3. Lifestyle:

- Quit smoking.
- Limit alcohol (1 drink/day women, 2 men).
- Maintain BMI 18.5-24.9.
- Fall Prevention: Clear hazards, wear non-slip shoes, use grab bars, check vision/medications.

4. Medical Monitoring:

- DEXA scan for women >65, men >70, or high-risk individuals.
- Medications (e.g., bisphosphonates) or supplements as prescribed.

Questions and Answers on **Osteoporosis** (Fill in the Blanks and True/False)

02. Fill in the Blank

Osteoporosis is a condition where bones become _____ and prone to fractures.

01. Fill in the Blank

Excessive _____ consumption can disrupt bone remodeling and increase fall risk.

04. True or False

Smoking has no effect on bone health and is safe for individuals at risk of osteoporosis.

True ☐ False ☐

03. True or False

Women are at higher risk of osteoporosis than men due to hormonal changes during menopause.

True ☐ False ☐

05. Fill in the blank

Adults aged 19-50 need _____ mg of calcium daily to support bone health.