

Smokers Have a Higher Risk of Osteoporosis

Thursday, 10 December 2020 WIB, By: Natasa Adelayanti



Osteoporosis is a kind of disease that is generally found in older adults or the elderly. Yet, this disease can attack anyone, including young people.

"Everyone has a risk of suffering from osteoporosis," explained the orthopedic specialist at the UGM RSA, dr. Luthfi Hidayat. Sp.OT (K) Hip Knee, in an online Health Talk show entitled Recognize and Prevent Osteoporosis, on Thursday (10/12).

Luthfi said there are so many possible factors that influence Osteoporosis. One of them is due to an unhealthy lifestyle.

He exemplified a habit that can cause Osteoporosis is smoking. Besides having a bad impact on heart and lung health, smoking can also cause Osteoporosis. It is because the substances within cigarettes, such as nicotine, can repress bone formation cells' production.

"For smokers, the effect is quite tough. If you have experienced a fracture, it will take longer to heal/reconnect, and there is a greater risk that causes bone not to fuse," he explained.



Besides, other habits, such as alcohol consumption, can lead to bone health increasing Osteoporosis's risk. The following point is the habit of being lazy in doing exercise or physical activity. Lack of physical activity/exercise can increase the risk of Osteoporosis.

"Exercise is good for strengthening bones, but one thing should be noted that not all physical activity is good for bone density," he said.

In addition to lifestyle, several other factors such as a low calcium diet, family / genetic history, and a thin and small person are also at high risk from the possibility of people suffering Osteoporosis. Then, women are more at risk of suffering from Osteoporosis due to menopause. Furthermore, people with metabolic disorders, diabetes, kidney disorders, and autoimmune diseases are more sensitive to Osteoporosis.

"The prevention is by changing your lifestyle to be healthier and attempting to always be active. If you have already suffered from it, treat it by consuming more calcium," Luthfi explained.

Meanwhile, dr. Guritno Adistyawan, Sp.KFR., as a specialist in physical medicine and medical rehabilitation at UGM RSA, revealed that one could prevent Osteoporosis by exercising because exercise can strengthen bone density.

Gurtino added a good exercise to prevent Osteoporosis is weight-bearing. This type of exercise is a movement against gravity in an upright position, such as brisk walking, jogging, jumping, and others.

"All types of sports they do need to be adjusted with their own conditions," he said.

He also continued that patients with Osteoporosis and the elderly should exercise with minimal burden on the bones. It is because people with Osteoporosis are predisposed to fractures.

He gave an example of some sports that the elderly can do, such as walking, standing, and doing daily activities such as sweeping, carrying groceries, etc. Please avoid sports that provide high pressures, such as jumping, because they can increase fractures' risk.

"With these physical activities, the bones have got a stimulus," he said.

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