



FACT SHEET

Module: Bone disease & First aid management

Bone disease

- Our skeleton is an active organ that is rebuilding throughout lifetime.
- It is important to supply body with enough calcium and vitamin D to be able to constantly rebuild and repair skeleton.
- Physical exercise also helps preserve healthy skeleton
- Disorders of bone metabolism are common and individuals at risk need to be tested for them.
- Bone disease symptoms:
 - Vary by each disease, but can include symptoms such as frequent breaking, deformity, pain, limited range of movement, difficulty in walking or walking distinctively different etc
- Bone disease causes:
 - Many bone diseases are caused by genetic factors, viral infection, chemical abnormalities, injuries, fractures, damage to blood vessels, excessive use of alcohol, or the long term use of certain medications.
- Bone disease risk factors:
 - Risk factors for bone diseases can include chronic medication, blood disorders, disease, steroid use, radiation treatments or chemotherapy, pancreatitis, and heredity factors.
 - Many patients who are diagnosed with bone diseases may have no risk factors as well.
- Common Bone diseases
 - younger age: rickets,osteomyelitis,poliomyelitis,clubfoot,flat foot etc
 - old age: osteoarthritis,rheumatoid arthritis,Tb spine etc
- Bone Disease diagnosis
 - Typically diagnosed through physical examination and confirmed with simple testing like x-rays or bone scans or blood tests
 - Other numerous tests such as bone biopsies, CT scans, skin biopsies, ear, nose, and throat examinations, and magnetic resonance imaging are done based on need
- Bone Disease treatment
 - Treatment options may vary, and often depend on the patient's age, overall health, extent of the disease, the patient's ability to tolerate treatments, the expected progression of the disease, and the patient's preference.
 - Treatment modalities include : surgical procedures, medications, physical therapy, splinting, self care, dietary health, supportive care and emotional support
- **Self education is important !!!**