

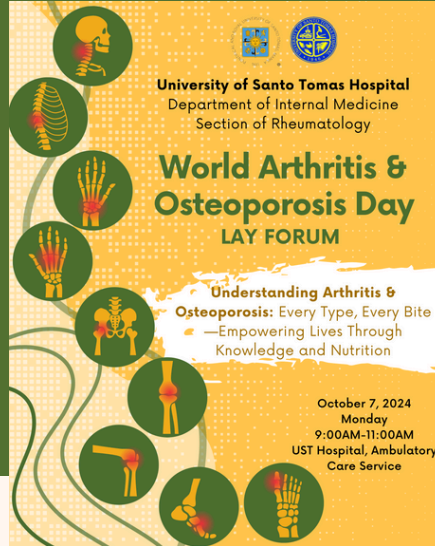
ARTHRITIS AND OSTEOPOROSIS

EVERY TYPE, EVERY BITE



By Jan Mark T. Antenor, MD

October 7, 2024 - The University of Santo Tomas Hospital's Section of Rheumatology, hosted a highly informative World Arthritis and Osteoporosis Day Forum. Titled "Understanding Arthritis & Osteoporosis: Every Type, Every Bite—Empowering Lives Through Knowledge and Nutrition," this event aimed to empower patients and the public with essential knowledge on arthritis, osteoporosis, and the critical role nutrition plays in managing these conditions.



Arthritis and osteoporosis are two of the most common chronic conditions affecting millions worldwide. Arthritis, characterized by inflammation of the joints, causes pain, stiffness, and loss of mobility. It is often misunderstood as a disease of the elderly, but it affects people of all ages, including young adults.

Osteoporosis, on the other hand, is known as a "silent disease," as bone density loss occurs without noticeable symptoms until a fracture happens. This forum was designed in response to the increasing prevalence of these conditions, with the goal of promoting early detection, treatment, and lifestyle changes that can significantly improve patient outcomes.



The event began with a warm welcome from the organizing team, followed by the first lecture titled "Understanding Arthritis & Its Impact," presented by Dr. Norwin Philip Bation, a rheumatology fellow. Dr. Bation broke down the different types of arthritis, such as osteoarthritis, gouty arthritis, rheumatoid arthritis among others, explaining their causes and symptoms. He highlighted that **while arthritis is common, it can be managed with early intervention, medication, and lifestyle changes.** Dr. Bation emphasized the importance of a personalized treatment plan, underscoring how crucial it is to understand each patient's unique experience with arthritis.



EVERY TYPE, EVERY BITE

Following this, Dr. Marjorie Faye Nierra took the stage to discuss "Understanding Osteoporosis: What You Need to Know." Dr. Nierra explained that osteoporosis weakens bones over time, often leading to painful and debilitating fractures. She provided actionable steps for prevention, including maintaining a calcium and vitamin D-rich diet, exercising regularly to strengthen bones, and avoiding habits that accelerate bone loss. Her message was clear: **osteoporosis doesn't have to be an inevitable part of aging if preventive steps are taken early on.**



The third session, "Nutrition with Arthritis and Osteoporosis," was delivered by Ma'am Bernadette Platon, a resident dietician. She stressed how proper nutrition plays a critical role in managing these conditions. **Foods rich in omega-3 fatty acids, like fish, along with a diet abundant in fruits and vegetables, can help reduce inflammation in arthritis patients and boost bone health in those at risk for osteoporosis.** Ma'am Platon also cautioned against processed foods and excessive sugar, which can exacerbate inflammation and bone deterioration.



The event concluded with gratitude extended to the patient participants and sponsors for making the forum a success. The key takeaway of the day was reiterated: **knowledge is power, and with the right information, patients can take control of their health through early detection, treatment, and proper nutrition.**

This World Arthritis and Osteoporosis Day Forum highlighted the importance of awareness and self-care, providing participants with essential knowledge about arthritis and osteoporosis as diseases. It served as a reminder that these conditions, while common, can be addressed through a proactive approach to health—one that combines medical treatment with lifestyle changes for a better quality of life.

