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## 'Handbook of Osteoporosis as a Preventable Disease'

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### Why in News

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On October 22, 2021, Chhattisgarh's Higher Education and Sports and Youth Welfare Minister Umesh Patel released a book titled '**Handbook of Osteoporosis a Preventable Disease**' at his residence office in the capital.

### Key Points

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- The author of this book is **Professor Dr. Nanda Gurwara and Professor Dr. Daisy Abraham**.
- In this book, detailed information has been given about the causes, symptoms and remedial tests and prevention measures and right eating habits, which will be very helpful in prevention including bringing awareness about osteoporosis disease.
- **Osteoporosis is a common disease, affecting one in three women and one in eight men in India.** It makes the bones weak and brittle, causing fractures when a person is under slight tension, falls, coughs, or in older people. This fracture occurs in the groin, wrist or spine.