



Advance Health Care  
FOUNDATION



*presents*

# CALSHEUM

## Calcium & Vitamin-D Deficiency



*#HumTumOurCalcium*

Retrospect,  
Introspect  
and  
Prospect



### **INDEX**

**PAGE 1-  
INTRODUCTION**

**PAGE 2-  
THE PANELLISTS**

**PAGE 3-  
CALCIUM PE CHARCHA**

**PAGE 4-  
WOMEN AND OSTEOPOROSIS**

**PAGE 5 - VITAMIN D AND CALCIUM  
DEFICIENCY IN WOMEN**

**PAGE 6-  
BONE GAME ANSWERS**

# CalSHEum Project Launch

**-By Sagnik Sarkar**

What do we think when we hear the word Calcium? We say it's an element in the periodic table, probably essential for bones and helps in keeping our body healthy. But do you know, that Calcium can't be absorbed in the body if adequate levels of Vitamin D isn't present, and that the deficiency of Calcium is affecting everyone of every age group, specially the women of the country? These facts are not widely heard of, therefore in an attempt to make people aware, Advance Healthcare Foundation conducted an informative webinar on International Women's Day 2021 to launch their new project, CalSHEum that promises a healthier life.



The purpose of the webinar was to kickstart the project by making us aware of the insights of the nutrient and its role in the human body, specially in the women's body and to make India free of its short-comings with appropriate measures.

Our Host **Anupriya Bhatnagar** beautifully expressed the strength of women by giving examples of Goddess Sarasvati and Durga and their divine power that holds us together and explained our motto "Every Woman has Courage, that's what allows them to reach their goals".

Then, **Dr Saurabh Kole, Director, Advance Healthcare Foundation**, welcomed our guests of honour, our panelists and the enthusiastic audience to the virtual launch of our project, 'CalSHEum'.

The event commenced with **Megha Chattopadhyay, Head, Adolescence Club of AHCF** addressing the gathering and expressing her gratitude on the behalf of the entire AHCF family. Using facts, figures and hashtags, she explained the insights of the project and gave us the reality check and the vast perception associated with it.

The virtual stage was then graced by the esteemed doctors who addressed the gathering and made the audience aware of Calcium & Vitamin D importance and their deficiency by answering all the questions put up in the panel discussion.

**Dr Sreya Chattopadhyay, Director of Advance Healthcare Foundation** presented the Vote of Thanks, beautifully summing up the essence of the event and thanking the panelists, entire AHCF family and the audience for making the launch a success!

# The Panellists and Guests of Honour

- By **Aadya Kapoor**



**Our Guest of Honour for the webinar was Mrs Mahalaxmi Subramani, head of the Army Wives Welfare Association. She shared her experiences and boosted our confidence with her powerful and motivating words.**



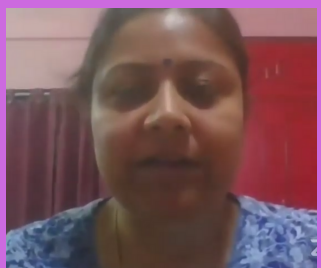
**Our Guest of Honour for the webinar was Mrs Indu Puri who is an Arjun Awardee and has represented our country in 6 commonwealth games and 6 world table tennis championships, apart from being the National Champion several times. She shared her experiences of being a woman athlete and how she overcame her calcium deficiency and maintained her body's calcium need.**



**Dr A K Pal is a Professor at the Department of Orthopaedic and Traumatology. IPGMER, SSKM Medical College and Hospitals, Kolkata, West Bengal. He is the mentor of the CalSHEum project, was the moderator of the panel and interacted with the audience wonderfully to make sure that all of the questions from the audience were precisely answered.**



**Dr Sumit Sural is the Director of the Department of Orthopaedics at the Maulana Azad Medical College, New Delhi. He not only explained to the audience about different skeletal diseases, but also informed them about the ways people could maintain their health naturally through proper exercise.**



**Dr Sinjita Dutta is an Associate Professor at the Department of Community Medicine IPGME&R, Kolkata. She actively engaged with the audience and answered all of their questions regarding the dietary ways to maintain bone health.**



**Dr S Kole is a Senior Cardiologist, ITU in charge, at the BelleVueClinic, Kolkata and the Chairman, Critical care society, Kolkata. He informed us about the importance of calcium in our body and how one must take Vitamin D naturally in the form of sunlight to not only prevent bone-related diseases, but also the other ones- like even the cardiovascular ones.**

# CALCIUM PE CHARCHA

**-By Aanya Narula**

**AAJKAL CALCIUM KE CHARCHE HARR  
ZABAAN PE KYUKI BINA CALCIUM SANAM,  
MARR MITENGE HUM!**

Women are the true pillars of society. But their struggles and pains always go unseen. One such struggle they face is lack of calcium and bone-related diseases. Women are more likely to face calcium deficiency and osteoporosis than men. Advance Healthcare Foundation carved a niche on this topic vide an insightful webinar to launch the project- 'CaISHEum' focusing on bone diseases, vitamin D and calcium and their impact on human bodies, with special emphasis on women.

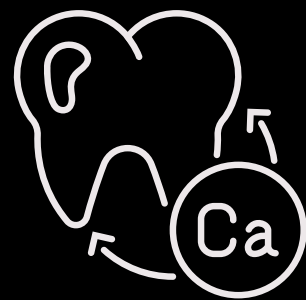
The panel discussion was packed with immense knowledge. The proficient panelists- Dr AK Pal who is also mentoring the project, Dr Sinjita Dutta, Dr Sumit Sural and Dr Saurabh Kole, who answered numerous questions about bone health and delivered a cultivated and erudite session.

Questions like "What is recommended calcium intake for a person daily?", "Is extra calcium dosage required for people after a bone removal", "Can lack of Vitamin D lead to cardiovascular and neurological problems?", "Which diseases can be caused by excessive levels of Vitamin D in the body?", were asked.

The panelists laid special emphasis on the importance of a healthy lifestyle for keeping bones healthy.

The panel discussion was full of knowledge and takeaways. It was an eye-opener for many, the panelists informed about things that we generally do not pay any heed to. Key takeaways from the session were that its highly necessary to lead a healthy lifestyle and keep a check on one's habits by staying away from ills like intoxication.

Advance Healthcare Foundation expresses its gratitude towards the panelists for such a fruitful discussion.





## SYMPTOMS:

- Advance Health Care**  
FOUNDATION

## Osteoporosis Prevalence

Normal bone

Osteoporosis

8.5%

53%

Studies on existing BMD in Indian Populations, using different X-Ray Radiometry tools and criteria, have reported Osteoporosis prevalence ranging from **8.5% among men** to about **53% in pre-menopausal women**.

### Causes and Risk Factors:

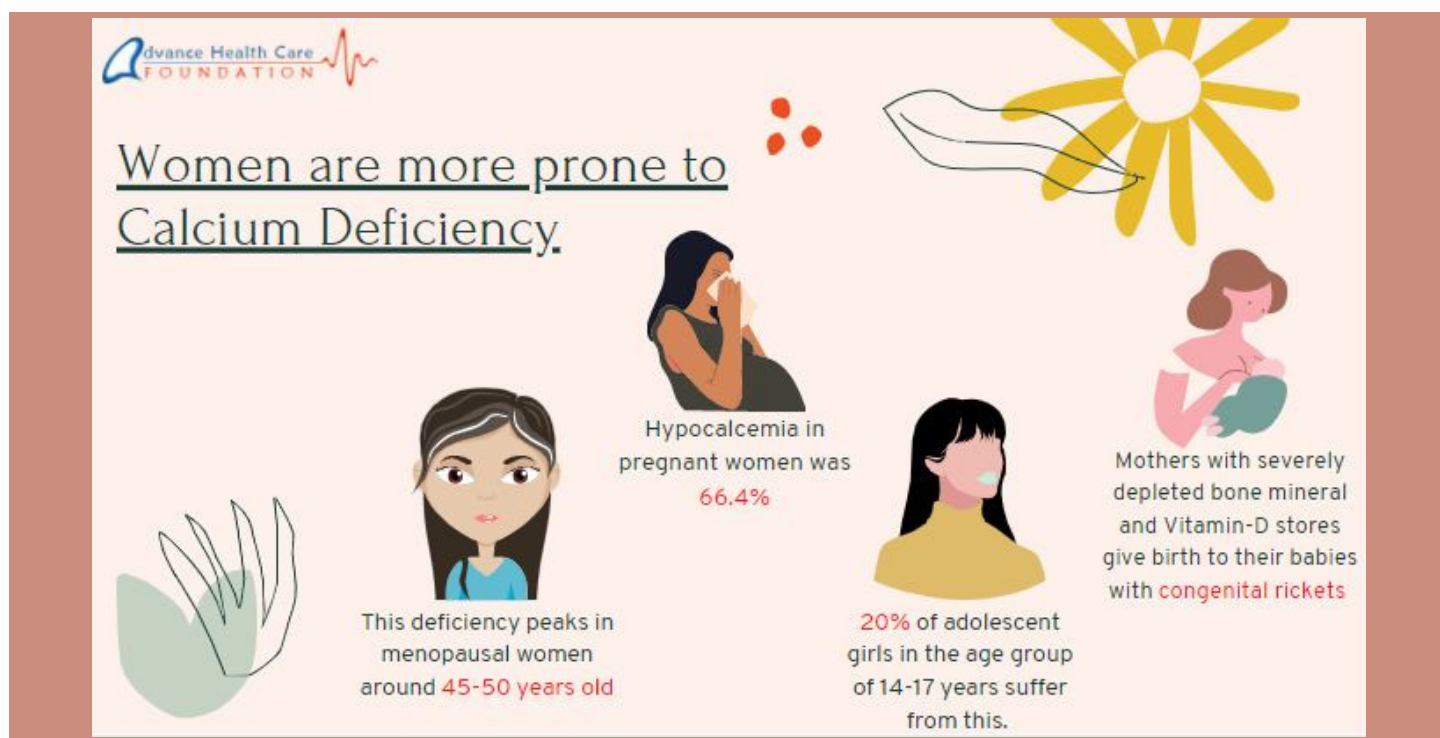
- Treatment:**

-



# VITAMIN D AND CALCIUM DEFICIENCY IN WOMEN

- By Divyana Das



Calcium Deficiency is a raging issue of concern in a country like India where 70-80% of its population inherently have Vitamin D deficiency, which means that their bodies also have trouble absorbing Calcium. Amongst these numbers, women especially are even more susceptible to the deficiency of both these essential elements due to several factors.

Dr Sumit Sural emphasized how this problem of Calcium Deficiency can cause problems for women, specially at a post-menopausal stage due to hormonal imbalances and he also spoke about the added burden of Osteoporosis.

Dr Sinjita Dutta, on the other hand, spoke of the deficiency in various stages of a woman's life even before menopause-like during their childhood, then moving into pregnancy and post-pregnancy.

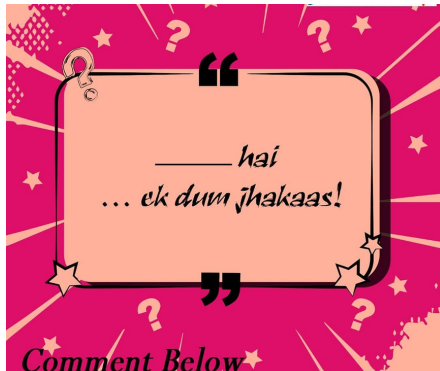
In response to a question, Dr A.K Pal explained how the lack of the hormone 'Estrogen' is a cause for Osteoporosis in post-menopausal women because Estrogen is important for bone health and in such cases Doctors avoid giving any medicine which can affect the hormonal balance of the body.

Dr. Saurabh Kole explained how deficiency of Vitamin D not only led to skeletal problems, but also the non-skeletal ones by increasing the risk of such diseases.

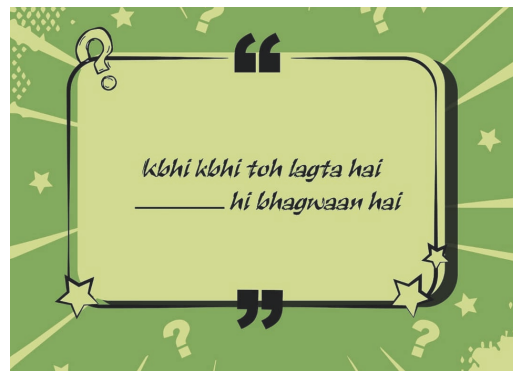
As an alternative solution, they suggested the consumption of "Phyto-Estrogen" which is a plant-based source of Estrogen-like "Soyabean Dal" and having a Protein-rich diet. The esteemed Panelists also shared many insightful tips to identify any signs of Rickets, Osteoporosis, Osteopenia, Osteomalacia and any such bone-related problems.

# The Bone Game 3

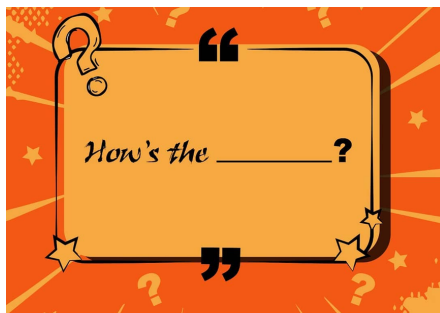
## HASHTAG SERIES- ANSWER KEY



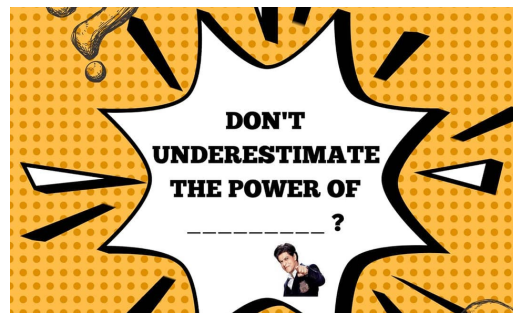
CALSHEUM HAI...EK DUM JHAKAAS!



KABHI KABHI TOH LAGTA HAI, VITAMIN D HI BHAGWAN HAI...



HOW'S THE CALCIUM?



DON'T UNDERESTIMATE THE POWER OF VITAMIN D!



CALCIUM KI KEEMAT TUM KYA JANO RAMESH BHAI!



LAGE RAHO CALSHEUM BHAI!!