

Bone Health Checklist

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Protecting Your Bones After 40:

Tests to Get:

- DEXA scan at menopause or age 50
- Vitamin D levels annually
- Calcium levels

Daily Requirements:

- Calcium: 1200mg from food + supplements
- Vitamin D: 1000-2000 IU
- Protein: 1.2g per kg body weight

Exercises for Bone Health:

- Weight-bearing: walking, jogging, dancing
- Resistance: squats, lunges, push-ups
- Balance: yoga, tai chi
- Aim: 30 min, 5 days a week