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A HEALING DIET FOR BONE FRACTURE

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ABSTRACT

Fractures are quite common, especially among the elderly. However, they can increase in prevalence in younger ages too if the bone health is not good. This may happen as a result of bad nutrition. Insufficient intake of certain vitamins, particularly A and D, and other nutrients, such as calcium, may affect bone health or even the time and degree of bone healing in case of fracture. The importance of different nutrients, both dietary and found in food supplements, is discussed concerning A HEALING DIET FOR BONE FRACTURE.

INTRODUCTION

Following fracture of the bones there is an increase in tissue protein breakdown which is aggravated by prolonged immobilization of the patient. The role of nutrition in bone health is quite important. Adopting a balanced diet, rich in nutrients, minerals, and vitamins, can contribute significantly to bone health. Proper nutrition is an essential parameter of skeletal health, participating in both the prevention and the treatment of bone diseases. A good nutritional program can prevent risk. In this article, the role of nutrition in bone health and healing is thoroughly discussed.

MATERIALS AND METHOD

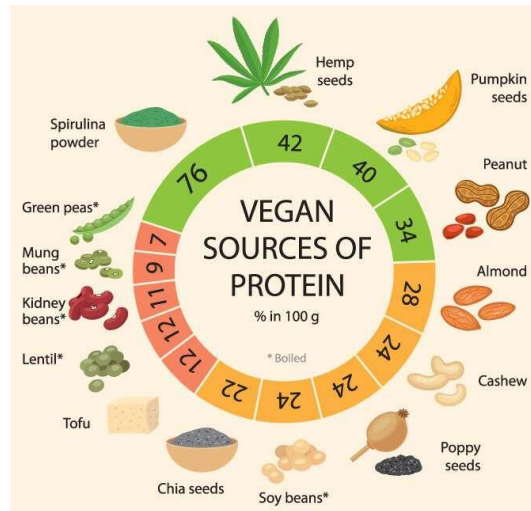
RECOMMENDED DIET AFTER BONE FRACTURE

After a fracture, your bone needs to rebuild. A healthy, well-balanced diet rich in key nutrients can help speed that up.

PROTIEN

About half your bone's structure is made of this. Protein deficiency causes delay in the healing of fractures. Recent research suggests an intake of 1 to 1.5g of protein per kg of bodyweight required. Hence the protein requirements for fractured client should be at least 3 to 4 times the normal requirements. It also helps your body take in and use calcium, another key nutrient for healthy bones.

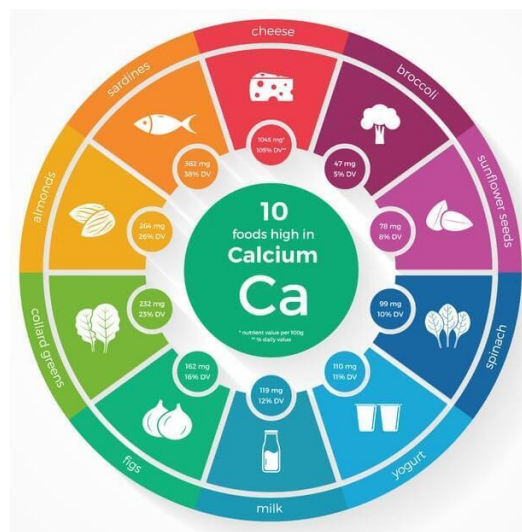
SOURCES:



CALCIUM

Among the different minerals calcium occurs in the highest amounts in the body. It constitutes 1.5% to 2% of body weight. In fracture condition this mineral also helps to build strong bones, so foods and drinks rich in it can help bone fracture heal. In addition to the calcium supplied by the diet should be 1g daily.

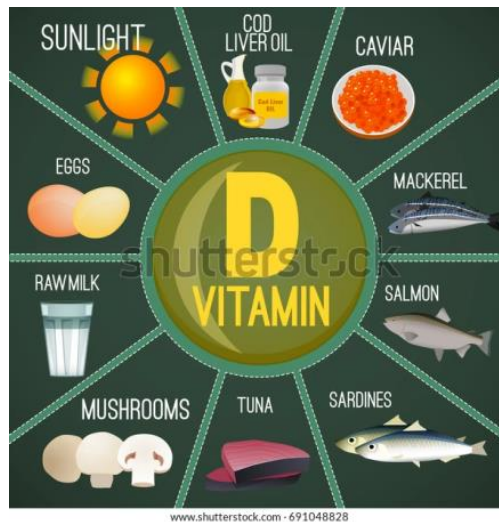
SOURCES:



VITAMIN D

Vitamins D is essential for the repair of bone fractures and for the formation of new bones. It helps your blood take in and use calcium and build up the minerals in bones. Vitamin D is found naturally like sunlight, in only a few foods like egg yolks and fatty fish, but manufacturers add it to other foods, like milk or orange juice. Adults should get at least 600 IU of vitamin D every day, and for fracture person need to get at least 800 IU.

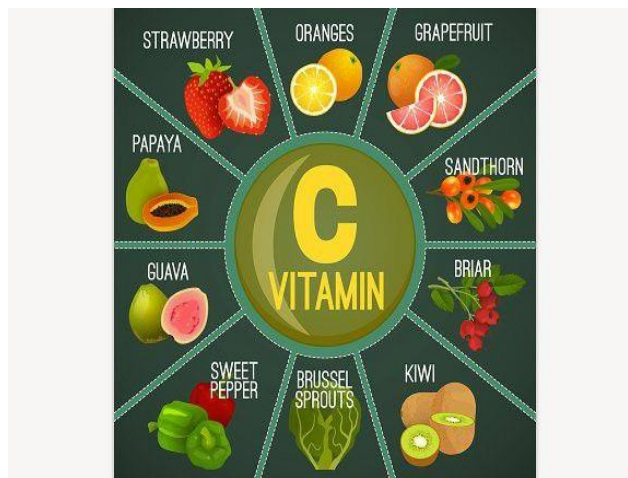
SOURCES:



VITAMIN C

Collagen is a protein that's an important building block for bone. Vitamin C helps your body make collagen, which helps your bone fracture heal. The estimated requirement of vitamin C, for children 30mg and adults 60mg. Hence the client should be given daily 1g of ascorbic acid in the case adults and older children 0.5g.

SOURCES:



IRON

Iron is a great importance in human nutrition and plays important role in healing of fracture bones. If the client suffering from iron-deficiency anemia client doesn't have enough healthy red blood cells fracture bone may heal more slowly. Iron helps body make collagen to rebuild bone. It also plays a part in getting oxygen into bones to help them heal faster.

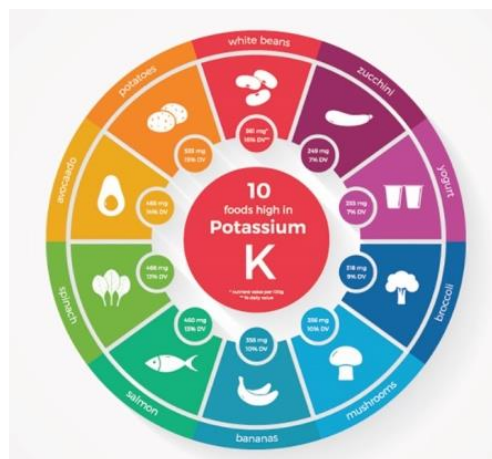
SOURCES:



POTASSIUM

potassium present as the major electrolyte in body cells. Dietary potassium may neutralize acid load and reduce calcium loss from the bone, leading to beneficial effect on bone mineral density.

SOURCES:



RESULT AND DISCUSSION

WHAT NOT TO EAT

It's a good idea to cut back on or skip these:

Alcohol: Alcohol drinking slow down bone healing. A bit too much alcohol can also make unsteady on clients feet, which can make more likely to fall and risk an injury to the same bone.

Salt: Too much salt in diet can make to lose more calcium in urine. Salt can be in some foods or drinks that don't taste salty, so check label before eating or drinking.

Coffee: Lots of caffeine more than four cups of strong coffee a day can slow down bone healing a little. It might make a client to pass more urine, and that could mean lose more calcium through urine.

A moderate amount of coffee or tea should be fine.

CONCLUSION

Balanced diet and certain diet rich in calcium, protein, iron, vitamin D , vitamin C, and potassium etc, plays very important role in healing of fractured bone.

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