

CHAPTER 6

RECOMMENDATIONS

The interventional trial undertaken has exhibited that QUS BMD assessment efficiently screened and documented the magnitude of osteoporosis among the elderly study population. A high dose of Ca and vitamin D₃ coupled with mega dose of vitamin D₃ proved to be effective for a quick treatment of osteoporosis and if constrictions for exercise are there. Whereas, a low dose coupled with mega dose of vitamin D₃ and weight bearing exercises is effective for a long term therapy. Besides, BMD showed an association with female gender, young elderly subjects, low level of physical activity. Also comparatively poor mean BMD was noticed among the subjects who have diabetes and hypertension. Moreover, the doses studied were apparently remained free of complaints of side effects. Hence, the recommendations occurring from this study are mentioned bellow:

- Assessment of VDD, BMD and efficacy trial focusing post menopausal and pre-geriatric women as a preventive measure.
- Early detection of VDD and osteoporosis to prevent severity of the condition and falls to be done.
- Addressing the heavy need of dual approach i.e. supplementation coupled with long term weight bearing exercises for synergistic effect on BMD.
- Further efficacy trial of some other doses of Ca and vitamin D targeting old elderly population.
- Introducing a knowledge and lifestyle modification based intervention to improve bone health.