

# EDITORIAL

## World Osteoporosis Day

October 20 marks “World Osteoporosis Day” every year and the theme for 2025- “**It’s Unacceptable!**” - highlighting a critical global message. Despite 500 million people affected worldwide, osteoporosis remains severely underdiagnosed, undertreated, underprioritized and without significant social attention . The slogan calls for urgent awareness and action, emphasizing millions to suffer preventable fractures and disabilities and mortality when effective prevention and treatment options already exist for this.

Osteoporosis is often named as a “silent disease” because bone loss occurs gradually, silently without symptoms until a fracture happens-commonly in spine, neck of femur or wrist with other uncommon sites presenting with pain and disabilities. Osteoporotic fractures lead to immobility, chronic pain, mental depression, and dependence on others for daily activities. It profoundly affects the quality of life and increases mortality due to multiple complications . The burden on healthcare systems is enormous and particularly among elderly populations.

### Prevention and Management

Bone health should be optimum and maintained throughout life starting from building peak bone mass upto 30 years of life by ensuring adequate calcium and vitamin D intake with diet and supplement, regular weight-bearing and muscle strengthening exercises, avoidance of alcohol, restriction of smoking and maintaining a normal body weight ( BMI 18.5-25) as underweight and obesity both are prone to have osteoporosis. Among many tools for osteoporosis diagnosis, bone mineral density estimation by Dual Energy X-ray Absorptiometry (DEXA scan) which is the gold standard, is crucial, especially in postmenopausal women, older adults >65 years and other causes.

### Latest Treatments

Non pharmacological treatments should be followed meticulously with healthy diet, calcium intake, vitamin D intake, sunlight exposure, smoking and alcohol avoidance and exercise. Modern pharmacological treatments have tremendously improved osteoporosis management. Traditional anti-resorptive agents such as bisphosphonates and denosumab slow bone breakdown and reduce fracture risk . More recent innovations include anabolic agents that stimulate bone formation, such as teriparatide and abaloparatide, which are used for severe cases. A breakthrough drug, **romosozumab**, works both by promoting bone formation and reducing resorption, offering dual benefits and marked increases in bone density. The sequential use of an anabolic agent followed by an anti-resorptive therapy is now recommended to maximize and maintain bone strength.

### A Call to Action

The Slogan or message of “**It’s Unacceptable!**” World Osteoporosis Day 2025 urges governments, healthcare professionals, and communities to close the care gap and working harmoniously. Osteoporotic fractures should never be accepted as an inevitable part of aging, as worldwide we are in the goal for safe aging. Every patient who suffers an osteoporotic fracture must be assessed and treated to prevent the next one as one fracture begets another. With recent knowledge and appropriate treatments already available, it is high time to make lifelong priority for bone health. Combined effort can ensure stronger bones, no osteoporosis and a stronger future for all.

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