

Bad Habits That Affect Bone Health



Everyone has some bad and some good habits, and they affect our health and life as well. We all admire good habits and why not, they not only help us become a good person but also keep us healthy. When it comes to bad habits, then they are not going to help us either way. In this post, we will discuss some bad habits that directly affect our bones and make them weak. We will never wish so, will we?

Weak bones can get fractured easily and the fracture could be serious even if it might require surgery. Orthopedic surgeries generally require the use of [trauma implants](#) and they must be of high quality. To get international standard quality implants, it is important for us to choose a reliable Orthopedic Implant Company.

Habits That Negatively Affect Bone Health

Smoking

Tobacco is one of the main causes in smokers that reduces bone density rapidly, and when this happens, they become prone to getting fractures easily. Besides this, lower bone density also results in the development of osteoporosis. So, to keep the bones strong, it is important for us to quit smoking as above all, smoking is also known to increase the stress hormone cortisol.

Lazy Lifestyle

Our joints require regular movement to function properly and stay strong. People with a sedentary lifestyle perform limited to no physical activity hence, they have higher chances of developing osteoporosis. It is also noticed that without or with limited physical activity, the growth of bones, muscles, and tendons gets slow and the person could get a fracture easily. Thus, it is important for us to leave this habit and maintain a healthy lifestyle with regular exercise. Considering this will not only keep bones healthy but also improve your posture and strength.

Consumption of Too Much Salt

High salt intake can reduce bone density and hence, this is also considered a bad habit. Yes, according to several studies, it has been confirmed that salt intake more than the permissible limit is bad for our bones. When the sodium level increases, our body starts releasing more calcium in the urine. Thus, in this way, the calcium level of the body goes down while making bones weak. So, it is important for us to limit salt intake in order to keep bones healthy.

Consumption of Too Much Alcohol

Alcohol increases the production of stress hormones in the body and that directly impacts bone health. Plus, drinking too much is also associated with reduced levels of estrogen and testosterone. Low levels of these hormones also negatively affect bone health by decreasing bone density. Here, we need to limit the consumption of alcohol or even stop drinking to ensure strong & healthy bones.

Weak bones make us weak and we become prone to getting fractures easily. Thus, to avoid all this, it is necessary for us to throw away any of the above-mentioned bad habits we have. If you want to receive high-quality orthopedic devices anywhere in the world, contact Siora Surgicals Pvt. Ltd. The company is a trustworthy manufacturer of trauma implants and is also known as a reliable [Trauma Implants Suppliers in Italy](#).

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