

Demand of dietary calcium among Bangladeshi population

Editorial

Bangladesh is a land of agriculture situated in South Asia near India. Most of the people live in rural area but they are not aware about calcium intake regularly. As a result early degeneration in bony structure is a common picture in whole country. In our day to day practice lot of patients come to physiotherapists chamber to consult with physiotherapist complaining muscle pain, back pain, neck pain, shoulder pain, knee pain, muscle cramping etc. As a result their daily activities are becoming distressful. Radiological findings suggest early degeneration which is not expected at early stage. Not only rural people irrespective of their age, sex, race, socioeconomic status but also urban inhabitants are suffering from musculoskeletal problems. Milk, small fish with bone, cesium are available in our country particularly village area but surprisingly they sell those foods in the market instead of consumption and buy pharmaceutical made calcium supplement because they did not know about nutritive value of those foods. Even urban people are ignorant about source of calcium like small fish with bone and cesium though somebody know about milk but cow's milk is not available everywhere in urban area and in some sphere costly also. Deficiency of calcium affects all ages as like in childhood (rickets), adult (osteomalacia) and old age (osteoporosis). Neck of femur fracture due to osteoporosis is frequently seen in our daily practice. Most of the women consume calcium tablet during pregnancy period because doctor prescribe it. A 40 years old poor women suffering from bilateral calf muscle cramping and visited one doctor to another doctor and everybody suggested to take calcium tablet but nobody advised her to take milk regularly which is available in her house. She stated that she cultivates cesium but did not know

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cesium is an important source of calcium. Health education and health promotion regarding dietary source of calcium is an urgent need because it is cheap, cost effective, available and accessible.

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Conflict of interest

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