

AVASCULAR NECROSIS DISEASE



PATIENT DIET

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► SOME TASTY AND HEALTHY WAYS TO MANAGE AVASCULAR NECROSIS

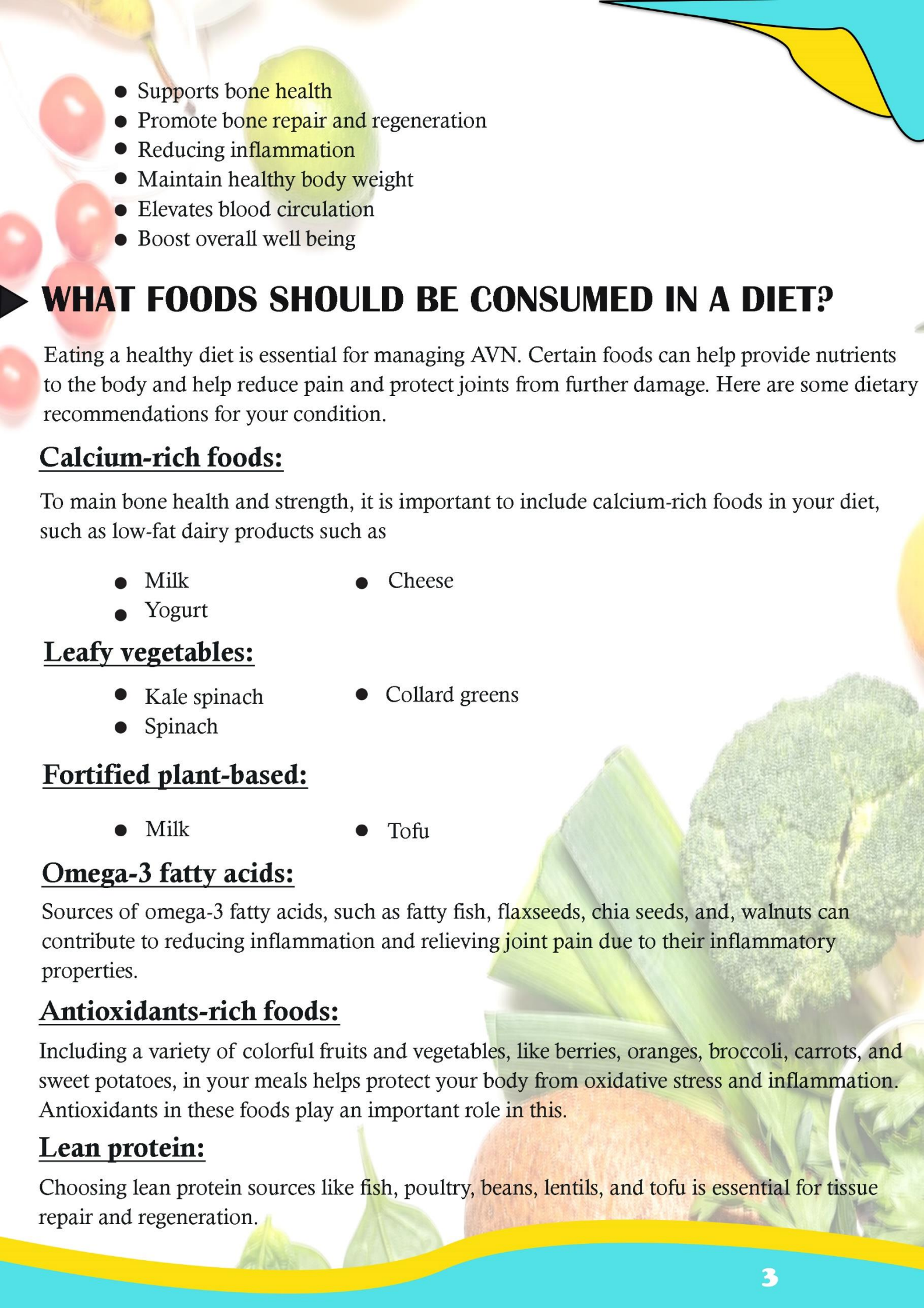
Avascular necrosis, also called osteonecrosis or bone infraction, is a disorder characterized by the interruption of blood flow to a bone, resulting in its death. This especially affects the hip joint but can arise in the knee, shoulder, and ankle as well. It is important to be aware of early warning signs and be proactive in treating this condition to mitigate further damage and enable those affected to lead a better life.

Even though no individual diet has been proven to treat or reverse avascular necrosis, consuming a nutritionally balanced, nourishing meal plan can significantly help preserve one's overall well-being, bone robustness, and joint functioning. Furthermore, following a nutritious diet can aid in keeping a healthy body weight, decreasing inflammation, and supplying essential vitamins and minerals that may aid in repairing and regenerating the bones.

However, if you feel that your symptoms are severe and you want a less-painful treatment you can choose stem cell treatment in Delhi for a safe, affordable, and effective cure for your condition. Stem Cell Care India is one of the most reliable Stem Cell Treatment clinics for Avascular Necrosis in Delhi, India, ensuring safety and meeting regulations via trained staff.

► KNOW THE ROLE OF BALANCED DIET IN AVASCULAR NECROSIS

It is essential to maintain proper nutrition to support the healing process if suffering from avascular necrosis, as nutrition is an integral part of its treatment. Ensuring that you are consuming enough calories and nutrients is vital to aid in recovery. The following are the essential roles that a balanced diet plays in the promotion of good health:

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- Supports bone health
 - Promote bone repair and regeneration
 - Reducing inflammation
 - Maintain healthy body weight
 - Elevates blood circulation
 - Boost overall well being

▶ **WHAT FOODS SHOULD BE CONSUMED IN A DIET?**

Eating a healthy diet is essential for managing AVN. Certain foods can help provide nutrients to the body and help reduce pain and protect joints from further damage. Here are some dietary recommendations for your condition.

Calcium-rich foods:

To main bone health and strength, it is important to include calcium-rich foods in your diet, such as low-fat dairy products such as

- Milk
- Cheese
- Yogurt

Leafy vegetables:

- Kale spinach
- Collard greens
- Spinach

Fortified plant-based:

- Milk
- Tofu

Omega-3 fatty acids:

Sources of omega-3 fatty acids, such as fatty fish, flaxseeds, chia seeds, and, walnuts can contribute to reducing inflammation and relieving joint pain due to their inflammatory properties.

Antioxidants-rich foods:

Including a variety of colorful fruits and vegetables, like berries, oranges, broccoli, carrots, and sweet potatoes, in your meals helps protect your body from oxidative stress and inflammation. Antioxidants in these foods play an important role in this.

Lean protein:

Choosing lean protein sources like fish, poultry, beans, lentils, and tofu is essential for tissue repair and regeneration.



Whole grains:

If you're looking to get essential nutrients like vitamin B and fiber, try choosing whole grains such as brown rice, quinoa, oats, and whole wheat bread rather than refined grains.

Vitamin D:

To boost your intake of vitamin D, spend time out in the sun (while wearing the necessary protection) and add foods like fatty fish, egg yolks, and fortified items to your diet. Doing this can help ensure your body absorbs calcium and also maintains bone health.

Healthy fats:

Fats from natural sources such as avocados, nuts, seeds, and olive oil should be added to your diet. Not only are they beneficial in keeping you healthier, but they also improve nutrient absorption in your body.

► FOODS SHOULD YOU NOT EAT WITH AVASCULAR NECROSIS

When dealing with AVN, certain foods should be avoided or limited to prevent worsening symptoms and promote overall health. Here are some of the foods to be aware of.

Sugar and refined carbohydrates:

Eating a healthy diet and consuming fewer sugary snacks, sugary beverages, and foods made with white flour can help to avoid weight gain, inflammation, and other health issues.

Caffeine:

Drinking too much caffeine, found in drinks such as coffee, tea, and energy drinks, can interfere with calcium absorption and affect bone health. Therefore, it is recommended to keep caffeine consumption to a moderate level for optimal well-being.

High-purine foods:

Research has yet to confirm a definitive link, yet some studies suggest that a diet high in purines, sources being organ meats, shellfish, and certain legumes, could contribute to avascular necrosis in certain individuals. Reducing the intake of these foods may have beneficial outcomes, however, more data is necessary.

Alcohol:

Drinking alcohol can have detrimental effects on bone health, as it disrupts the body's ability to take in essential vitamins and minerals such as calcium and vitamin D. Moreover, it can lead to bone destruction and raise the risk of fractures.



High-sodium foods:

Consuming too much salt may cause water retention and worsen puffiness and swelling in your joint areas. High-sodium foods such as processed foods, canned foods, and salty snacks should be avoided.

Saturated and trans fats:

It is important to limit foods that are high in saturated and trans fats, like red meat, processed meats, fried foods, and commercially baked goods. These fats can cause inflammation and could make symptoms that are associated with worse symptoms.

Carbonated drinks:

Phosphoric acid, often found in soft drinks and carbonated beverages, can interfere with calcium absorption and may lead to weaker bones.

Excessive vitamin A:

Obtaining vitamin A primarily from plant-based sources, such as fruits and vegetables, is the best way to ensure overall health, since consuming excessive amounts from animal-based sources (retinol) or supplements may lead to bone problems.

Changes in diet can be used in combination with other treatments, lifestyle modifications, and medical advice recommended by health professionals. It is important to consult with a healthcare provider or registered dietitian from the best stem cell therapy in Delhi NCR centre prior to making major diet changes, especially if you have medical issues or take medications that may interfere with certain types of foods.



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