

OSTEOPOROSIS



Osteoporosis is a disease in which bones become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. These broken bones, also known as fractures, occur typically in the hip, spine, and wrist.

Osteoporosis is a major public health threat for 44 million Americans. Ten million individuals already have osteoporosis and 34 million more have low bone mass placing them at increased risk for developing osteoporosis and the fractures it causes. Eighty percent of those affected are women.

Can It Happen to You?

- Do you have a small, thin frame and/or are you Caucasian or Asian?
- Have you or a member of your immediate family broken a bone as an adult?
- Are you a postmenopausal woman?
- Have you had an early or surgically-induced menopause?
- Have you taken high doses of thyroid medication or used glucocorticoids (i.e. prednisone) for more than 3 months?
- Have you taken, or are you taking, immunosuppressive medications or chemotherapy to treat cancer?
- Is your diet low in dairy products and other sources of calcium?
- Are you physically inactive?
- Do you smoke cigarettes and drink alcohol in excess?

The more times you answer “yes”, the greater your risk for developing osteoporosis.

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PREVENTION

Exercise regularly to maintain bone mass-

- Weight-bearing: walking, stairs, dancing, tennis
- Resistance: weight lifting with machine or free weights

Healthy diet with dairy products (lowfat or nonfat), calcium rich foods, and plenty of fruits and vegetables.

Eat more-Tofu

Soybeans

Kidney beans

Chick peas

Green beans

Almonds

Brazil nuts

Spinach

Kale

Broccoli

Collards

Oranges

Prunes

Raisins

Reduce carbonated beverages which may leach calcium from the bones.

Calcium recommendation has been updated and is currently:

Age 19-50 1000 mg daily

Age 51+ 1200 mg daily

Vitamin D updated recommendation is currently:

Age 19-50 400-800 IU daily

Age 51+ 800-1000 IU daily

Vitamin D plays a major role in calcium absorption. Vitamin D³ is the form that best supports bone health.

Don't Smoke- Nicotine suppresses bone formation.

Don't overdo sodium- excess salt intake can increase the calcium excreted in the urine.

Stand up straight- to strengthen supporting muscles.

Protect yourself- wear a seat belt in a moving vehicle, protective sports equipment, and supportive shoes with non-slip soles.

Talk with your doctor about whether medication therapy is right for you and if/when bone density studies should be done.

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