



BONE HEALTH

Preventing Osteoporosis

WHY IS IT IMPORTANT?

- Osteoporosis is very common
 - Estimates suggest that half of women >50 and a quarter of men will break a bone because of osteoporosis.
- Osteoporosis is Serious
 - Broken bones can lead to chronic pain, stooped posture, decreased ability to perform tasks of daily living.
- Osteoporosis can sneak up on you
 - You may not notice weak bones until the disease is advanced enough to cause a fracture or a stooped posture.



NON-MODIFIABLE RISK FACTORS

- Age
- Sex
- Decreasing Estrogen
- Family History
- Being small and thin
- Previous broken bones



MODIFIABLE RISK FACTORS

- Calcium and Vitamin D deficiency
- Lack of fruits and vegetables in the diet
- Too much protein, sodium and caffeine
- Being inactive
- Smoking
- Heavy alcohol consumption



VITAMIN D AND CALCIUM

- Adults < 50 need 1,000 mg of calcium and 400-800 IU of Vitamin D daily.
- Adults > 50 need 1,200 mg of calcium and 800-1000 IU of Vitamin D daily.



SOURCES OF CALCIUM

- Dairy products
 - Low fat milk, cheese and yogurt
- Dark green leafy vegetables
 - Broccoli
- Calcium fortified foods
 - Orange juice and cereals
- Nuts
 - Almonds



SOURCES OF VITAMIN D

- Sunlight
 - Sunlight helps your body make Vitamin D
- Fatty Fish
 - Salmon
 - Tuna
 - Mackerel
- Minor sources
 - Liver
 - Egg yolks
 - Fortified Orange Juice



WEIGHT BEARING ACTIVITY

- Exercise that strengthens your muscles and bones decrease your risk of osteoporosis.
- This is especially important for children as their bones grow.
- Examples of weight bearing activity
 - Walking, jogging, and running
 - Stair climbing
 - Basketball, tennis, soccer
 - Dancing
 - Jumping rope
 - Weight Lifting



BONE DENSITY TEST

- Who should get it?
 - Postmenopausal women or men age 50 and older
- Anyone who has had a fracture with minimal trauma.
- The test can diagnose osteoporosis.
- It can also show osteopenia, a condition that indicates you are not getting enough calcium and vitamin D.



POSSIBLE TREATMENTS

- Medicines
- Estrogens
- Weight bearing exercise
- Balance improving exercise, Tai Chi
- Calcium and Vitamin D supplementation

