

# OSTEOPOROSIS

Osteoporosis is a **Bone Disease** which make bones thin, weak, and brittle. Over time, this can cause bone breaks. These bone breaks happen most often in the spine, hips, and wrists.

Osteoporosis is known as a Silent Disease. Many people don't know that they even have osteoporosis until they break a bone.

## **SYMPTOMS OF OSTEOPOROSIS**

- **HEIGHT LOSS**
- **POSTURE CHANGE**
- **SEVERE BACK PAIN**

## **PREVENT BONE LOSS**

- **DO TAKE MEDICINE AS PRESCRIBED**
- **EAT A BALANCED DIET**
- **KEEP ACTIVE**
- **DON'T DRINK ALCOHOL**
- **DON'T SKIP MEALS**
- **DON'T SMOKE**
- **GET ENOUGH CALCIUM & VITAMIN D**

Your body can't make Calcium. If you do not get enough calcium, or if your body does not absorb enough calcium from your diet or supplements, bone production and bone tissues may suffer. To absorb Calcium efficiently, an adequate amount of Vitamin D must be present.

Calcium also has benefits in other body systems by reducing blood pressure and cholesterol levels. Calcium and vitamin D supplements have been shown to help prevent tooth loss in older adults.

## **FOOD SOURCE FOR CALCIUM**

- Dairy Products: low fat or non-fat milk, cheese, yogurt, and ice cream.
- Dark leafy green vegetables: spinach, collard greens, and broccoli.
- Almonds
- Fish: sardines,
- Foods with added Calcium including orange juice, cereal, and products that have soy and tofu.

## **GOOD SOURCES OF VITAMIN D**

Vitamin D is a fat-soluble vitamin that helps the body

absorb Calcium. Vitamin D decreases bone loss and lowers the risk of fracture, especially in older men and women.

- Milk with Vitamin D
- Fish and oysters, salmon, tuna, and mackerel.
- Cereal with Vitamin D
- Sunlight
- Light-skinned: 10 to 15 minutes
- Dark-skinned: 20 minutes.
- Elderly people need 30 minutes a day of direct sunlight in order to produce adequate Vitamin D.

**General recommendations** — *Premenopausal women* and men should consume at least 1000 mg while *postmenopausal women* should consume 1200 mg (total diet plus supplement). You should not consume more than 2000 mg of calcium per day due to the risk of side effects.

**Medications** — All medications should be discussed with a healthcare provider to ensure that possible interactions with calcium are identified. Certain medications change the amount of calcium that is absorbed and/or excreted. As an example, loop diuretics (eg, furose-mide, Lasix®) increase the amount of calcium excreted in the urine.

## **MAINTAINING AND LIVING WITH OSTEOPOROSIS**

- Exercise is important.
- Do weight bearing exercises
- Walking, dancing, low impact aerobics and swimming are other options.

Try to do at least 30 minutes of physical activity every day. Bone thinning occurs as part of the natural process of aging. **Talk with your doctor!**

## **PREVENTING FALLS**

- Use brighter lights in your home.
- Remove small rugs and keep floors clean and clear.
- Don't use step stools
- Use non-slip mats in bathroom and shower.

*The hand of the Lord was upon me and carried me out in the spirit of the Lord, and set me down in the midst of the valley which was full of bones. Thus saith the Lord God unto these bones; behold I will cause breath to enter into you and ye shall live Ezekiel 37:1, 5*