

# Osteoporosis



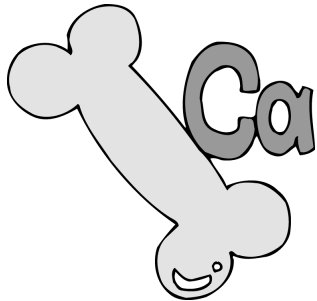
## Little Changes .... Big Gains

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Osteoporosis is a disease that causes bones to lose mass and become brittle, leading to painful fractures. Once fractured, weakened bones don't heal as well. This can result in chronic pain, a fear of falling and depression. Eighty percent of people affected by osteoporosis are women. It is the major underlying cause of bone fractures in postmenopausal women and the elderly.

There are not many symptoms of osteoporosis. If you are losing height, developing a stooped posture or have broken bones more than once, see your doctor.

### According to the National Academy of Sciences:



#### How much Calcium do You need?

Children, ages 1 to 3	500 Milligrams
Children, ages 4 to 9	800 Milligrams
Pre Teens & Teens	1300 Milligrams
Adults, ages 19 to 50	1000 Milligrams
Adults, ages 50+	1500 Milligrams
Pregnant & Nursing:	
Up to age 18	1300 Milligrams
Ages 19 to 41	1000 Milligrams

### To keep your bones strong:

- ☞ Don't smoke
  - ☞ Don't drink more than 2 alcoholic beverages a day
  - ☞ Do regular weight bearing exercises like walking, jogging, hiking, dancing
  - ☞ Include calcium in your diet every day.
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# Osteoporosis Prevention

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To prevent problems, minimize your risk factors to the greatest extent possible and make sure you are getting enough calcium in your diet every day.

Foods are the best natural source of calcium.

Foods high in calcium include:

	<u>Serving</u>	<u>Calcium</u>
Milk	1 cup	302 mg
Cheese	1 ounce	142 mg
Yogurt	1 cup	372 mg
Broccoli	1 cup	94 mg
Spinach	1 cup	277 mg
Green Beans	10	61 mg
Salmon, canned/bones	4 ounces	239 mg
Sardines/bones	4 ounces	428 mg
Tofu	4 ounces	119 mg
Almonds	1/4 cup	69 mg
Navy Beans	1 cup	127 mg

Many juices, breads and breakfast cereals are fortified with calcium. Check the label!

It is easy to figure out mgs of calcium on a label if you just add a zero in place of the percent sign. For example, 30%DV of calcium is roughly 300 mgs of calcium.

In order to absorb calcium, you need Vitamin D every day too. The American Academy of Pediatrics advises 400 IUs for children and adolescents. The National Osteoporosis Foundation advises 800-1,000 IUs for adults 50 years and older. Adults under 50 should have at least 200 IUs

Your body makes Vitamin D when your skin is exposed to sunlight. This may not be enough though depending on where you live. Foods such as fortified milk, egg yolks, saltwater fish and liver are sources of Vitamin D. The best supplement for your bones is vitamin D3.

**Want More Information? Check out these web sites:**

[www.nof.org](http://www.nof.org)

[www.acog.org](http://www.acog.org)

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