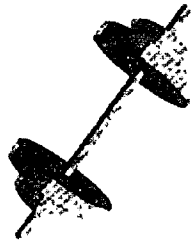


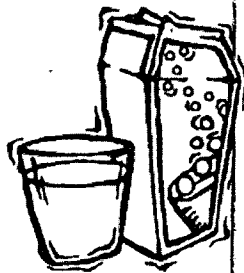
Exercise

Exercise is critical to maintain bone mass and to slow the rate of loss of bone mass. Thirty to 60 minutes of exercise three or four times a week will definitely increase muscle strength and, therefore, stimulate an increase in bone mass. Exercise is essential to bone health and it is especially effective when combined with adequate calcium intake. Women and men who "over exercise" can sometimes lose the proper effect of hormones (such as estrogen and testosterone) on bone and, therefore, actually lose bone if one "over exercises." This sometimes occurs in marathon runners and ballerinas. Overall the take home point is that exercise is great, in moderation.



Diet

Calcium cannot "cure" osteoporosis, but studies have shown that it does help prevent further bone loss. One needs both calcium and vitamin D to assist in hardening the bone. **How much calcium is enough?** The RDA (Recommended Dietary Allowance) recommends a minimum of 800-1000 mg per day for all adults over 25.



Recently studies have shown that post menopausal females, growing children, and all men and women over age 65 require 1200 mg per day.

Examples of calcium containing foods:

1 glass of whole/skim milk = 250 mg
1 ounce of cheese = 250-400 mg

Dietary source of much of the daily calcium requirement should come from calcium rich foods such as dairy products (skim milk, low-fat yogurts and cheeses). Other excellent sources of calcium are salmon, oysters, crabs, soybeans, and dark green leafy vegetables such as broccoli and collard greens.

Many people, however are unable to tolerate dairy products. In addition, many do not eat dairy products for fear of weight gain or increasing cholesterol levels. Therefore, these people who cannot tolerate calcium products should take calcium supplements. In addition, it is extremely important to take 400-800 units of vitamin D per day. This may be obtained from your regular multi-vitamin, or an over-the-counter vitamin supplement.

There are some foods that decrease calcium absorption, such as diets high in protein and very high in fiber. A high intake of caffeine or alcohol can cause calcium loss in the urine. A high intake of salt can also cause calcium loss in the urine.

(over)

Supplements

Calcium supplements are available in many forms. Calcium citrate and calcium carbonate are the most common used in patients who have the potential for osteoporosis. Calcium supplements are best absorbed without food and when taken with citrus juices.

Habits

Minimal alcohol and no tobacco use is recommended to prevent the loss of bone.

Safety

It is extremely important for each of us to assure that our homes are as **safe** and **"fall-free"** as possible. Some suggestions are:

1. Well-lighted, **clutter-free** rooms.
2. Install **guard rails** and **grab bars** near toilets as needed.
3. **Wall-to-wall** carpet is preferable, or **tape rugs** to the floor.
4. Assure that surfaces in tub and bathroom are **skid proof**; use a shower mat.
5. **Flashlights** near the bed in case of need to arise in the middle of the night in a dark room.
6. **No lamp cords** in walkways.
7. **Review medications** with your doctor to make sure that your medications **do not contribute to the potential to fall** (such as sleep and anxiety medications).



OSTEOPOROSIS Dos and Don'ts



New Orleans Nephrology Associates
Metabolic Bone and Stone Clinic