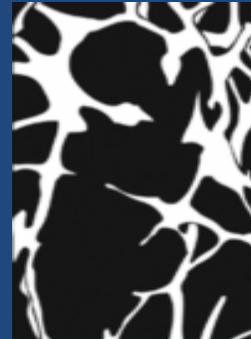


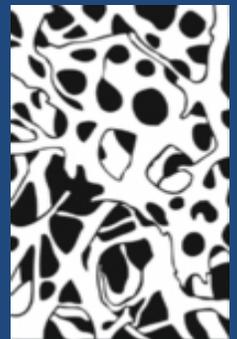
Osteoporosis

Awareness and Prevention

Osteoporosis is a common bone disorder. As we age, bones continually break down and re-build. Osteoporosis disrupts this process, either causing bone to break down faster or not re-build. This results in reduced bone mass and bone strength.¹ It is estimated that osteoporosis occurs in 55% of the population that is age 50 or over.² It is also the cause of more than 8.9 fractures annually worldwide.² Most people don't know they have osteoporosis until they have a fall or have an accident that causes a bone to break.



Bone with
Osteoporosis



Normal Bone

Picture courtesy of:

<http://www.nia.nih.gov/health/publication/osteoporosis-bone-thief>

Are You At Risk For Osteoporosis?

Do any of the following apply to you?

- Female
- Lack of weight-bearing exercise
- Small body frame
- Low body weight
- Smoking
- Advanced Age (over 65)
- Low calcium or vitamin D intake
- Family history of osteoporosis
- Excessive alcohol intake
- White or Asian
- Certain medications to treat thyroid disorders or seizures
- Prolonged steroid use

If you marked one or more of the above, it puts you at a higher risk of developing osteoporosis.³ Consult your primary health care professional for screening.

Osteoporosis Prevention Strategies

Osteoporosis can be prevented through changes in diet. A main change to diet is increasing calcium and vitamin D consumption. This can be accomplished through eating low-fat or fat free dairy products, figs, dark leafy vegetables, fish, and products fortified with calcium and vitamin D.¹ Other helpful dietary changes include: avoiding excessive alcohol use, avoiding carbonated beverages, and limiting excess caffeine consumption.¹

Regular medical check-ups will allow your doctor to determine if you have osteoporosis by monitoring bone density mass. If you are found to have osteoporosis, your doctor can prescribe medication to preserve bone. Medication plus a regular exercise program is your best defense against osteoporosis.

Exercise for the Prevention of Osteoporosis

Weight bearing and flexibility exercise is essential to preventing osteoporosis. Examples include:

- Walking
- Dancing
- Tennis
- Aerobics
- Tai Chi
- Yoga

Try to perform weight bearing activities and flexibility training most days of the week for 30 minutes at a time to reduce bone loss. In addition, adding resistance training (weight lifting or water exercises) 2-3 times a week can further decrease your risk of developing osteoporosis.⁴

Before starting any exercise program, make sure to consult with your doctor.



Picture courtesy of:
<http://www.nlm.nih.gov/medlineplus/>

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