

Osteoporosis “Brittle Bone”

- Osteoporosis is not osteoarthritis
- Osteoarthritis affects the joints from wear and tear of the cartilage
- Osteoporosis affects the matrix or structure of your bones and NOT your joints
- Osteoporosis causes the skeletal structure to become weakened, leading to potential fractures

Bones that commonly fracture

- Spine
- Hip
- Wrist

Action # 1: Know your risk factors – do you have:

- Family History of Osteoporosis
- Poor life-long calcium and vitamin D intake
- Lack of exercise
- Slight, petite body frame
- Are you a
 - Smoker
 - Female (females are at greater risk than males)
 - Postmenopausal or perimenopausal woman
- Do you
 - Drink alcohol
 - Take certain medications such as thyroid, anti-seizure meds or steroids

Action # 2: Create and maintain a strong healthy skeleton by:

- Eating and drinking calcium and vitamin D at every age - (see *Fact Sheet on Calcium and Vitamin D*)
- Taking supplements if your diet is lacking calcium and vitamin D
- Exercising – walking and lifting weights are best
- Discussing your family history of osteoporosis and other risk factors with your healthcare provider
- When approaching the hormonal transition, discussing (early on) with your healthcare provider how you can add extra protection
 - More calcium and vitamin D?
 - What about estrogen therapy?
 - How about Fosamax or other bisphosphonate medications?
 - Different types of exercise?

For more information, go to: <http://www.nof.org>

National Osteoporosis Foundation

The 2004 Surgeon General’s Report on Bone Health and Osteoporosis: What It Means To You

To order by telephone, call toll free 1-800-624-BONE (2663)

This information is not intended to replace the advice of a healthcare provider. Please consult with your provider to discuss the best and safest options for you.

Bone Health

- Bone is living tissue just like skin, muscle and organs and provides the support and structure for your body as well as protects your inner organs.
- Diet and Exercise over your lifetime - especially as a child determines how strong your skeleton will become.
- Genetics plays a major role too!

Consequences of Osteoporosis

Your Risk for Fracture Increases!

Often times, the first sign that you have osteoporosis is a fracture. Don’t wait until you fracture a bone to find out about the health of your skeleton.

* Take Action *



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Calcium and Vitamin D

The Basic Essentials of Bone Health

Bones provide the structure or framework for our body. Strong and healthy bones do not happen by accident. They need your constant help and attention to maintain their strength. **Calcium is the mainstay** of strong bones and is needed by all cells in the body to function properly. An essential element to strong, healthy bones is exercise.

Take Action!

1. Get your daily required calcium.
2. Include vitamin D
3. Exercise

Sources of Vitamin D

- Sunlight: 15 – 20 minutes daily of unprotected sun exposure so your body can manufacture its own vitamin D
- Milk or other fortified foods
- Salmon and sardine – with the bones in (must eat)
- Egg yolks
- Liver
- Multivitamins
- Calcium supplements with added vitamin D

Recommended Daily Adult Dose of Vitamin D

- 400 – 800 IU daily (usually found in one multivitamin tablet)

Recommended Daily Adult Dose of Calcium

- 1000 – 1500 IU daily

Powerhouse Sources of Calcium

(300mg or more per serving)

- Milk
- Cheese
- Yogurt

When choosing dairy sources for calcium, choose low-fat varieties

- Sardines

Vitamin D

Don't... forget about it

Do... take it

This helps the calcium you are taking in to be absorbed by your body.

In addition, your muscles need D for strength.

Your bones (and muscles) will thank you!

For more information, go to <http://ods.od.nih.gov/factsheets/calcium.asp> or <http://ods.od.nih.gov/factsheets/vitamind.asp>

National Institute of Health – Office of Dietary Supplements
Dietary Supplement Fact Sheet: Calcium
Dietary Supplement Fact Sheet: Vitamin D



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