

Are You At Risk For Osteoporosis?

Osteoporosis is a disease that causes bones to become thin and weak. It is easier for weak bones to fracture or break. Some bone loss is a natural part of aging, and usually begins after the age of 35. However, too much bone loss causes the bone to become thin and brittle, leading to a condition known as osteoporosis. Women are more susceptible if you have a family history of osteoporosis, have had your ovaries removed, are Asian or Caucasian, small-boned, inactive, or past the age of menopause. Remember that men also get osteoporosis.

Symptoms

Osteoporosis takes years to develop and may or may not have symptoms. Some warnings signals include:

- Fractures (hip, wrist, spine)
- Curvature of the upper back
- Loss of height

Prevention

Things that you can do to keep your bones strong:

- Stop smoking
- Limit alcohol
- Limit soft drinks
- Include weight-bearing and resistance exercises to strengthen muscles and improve bone strength. Examples of weight-bearing exercises are walking, jogging, dancing and stair climbing. Examples of resistance exercises are weight lifting using free weights or weight machines.
- Eat foods high in calcium, such as dairy products, firm tofu, canned fish with bones, dark-green leafy vegetables. Consider calcium supplements if necessary.
- Daily exposure to sunlight to help the body make vitamin D needed for the absorption of calcium
- Do exercises that improve your balance so you are less likely to fall, e.g. yoga, tai chi

Treatment

If you are over 50 and/or have gone through menopause, ask your doctor about having a bone density scan. The scan can show how dense, or strong, your bones are. Several new prescription medications are available to treat osteoporosis. Discuss with your doctor to see if they are appropriate for you.

Although osteoporosis is not curable, you can take positive steps to protect your bones starting now.

CALCIUM

Calcium is a mineral that is essential for the proper development and maintenance of bones and teeth, transmission of nerve impulse, blood clotting, and muscle contraction.

Low calcium intake over many years can lead to various bone diseases such as osteoporosis, osteomalacia, and rickets. Vitamin D (formed in the body by interaction of the skin and the sun's rays) improves the absorption of calcium.

Protect your bones by getting enough sunshine and calcium-rich foods!

Calcium Rich Foods:

- Dairy products – choose fat free or lowfat milk, yogurt, or cheese
- Canned fish with bones – such as sardines and salmon
- Soybean curd or tofu (firm tofu contains more calcium than soft tofu)
- Dark green leafy vegetables – such as broccoli, bok choy, spinach, gailan, and choy sum
- Seaweed, wood ear, and dried bok choy
- Almonds and sesame seeds
- Calcium enriched soymilk
- Calcium fortified juices

Calcium content of common foods

ITEM	AMOUNT	Calcium (mg)
Milk or calcium enriched soymilk	8 oz.	300
Yogurt	8 oz.	350
Cheese	1 oz.	204
Salmon, canned (with bones)	3 oz.	370
Sardines, canned (with bones)	3 oz.	250
Tofu (firm)	4 oz.	150
Broccoli	1 cup	136
Spinach	1 cup	167
Seaweed, dried	1/2 oz.	125
Almonds	1/2 cup	150

Daily Calcium Requirement (mg)

Children (1-3 yrs. old)	500
(4-8 yrs. old)	800
(9-18 yrs. old)	1300
Adult (19-50 yrs. old)	1000
Adult (over 50 yrs. old)	1200
Pregnant or breastfeeding women	1000
Post-menopause women (not on estrogen)	1500