

For Your Health

Bay County Division on Aging Nutrition Program

March, 2011 Issue

Know Bones About It

Did you know?

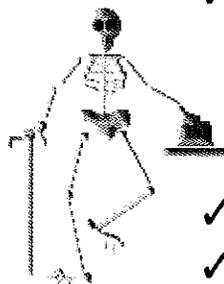
- ◆ At age 30 bones begin to decrease in density; slowing down the repair rate.
- ◆ After menopause, women lose as much as 20% of their bone mass in the first 5 to 7 years.
- ◆ Both men and women can develop osteoporosis.
- ◆ Bay County Division on Aging in cooperation with Bay Regional Center offers a Osteoporosis Strength Exercise Class three times per year. (for more information on this class call 893-5834)

Osteoporosis: It is estimated that 10 million Americans are affected for a total of about 8 million women and 2 million men. Division on Aging in cooperation with Bay Regional Medical Center offers an Osteoporosis Strength Exercise Class three times per year.

For more information call Debbie Keyes at 893-5834.

Osteoporosis Risk Factors:

- ✓ Being female
- ✓ Older age
- ✓ Family history of osteo or having frequent broken bones
- ✓ Being small and thin
- ✓ History of broken bones
- ✓ Low hormones
 - Low estrogen levels in women, including menopause
 - Low levels of testosterone and estrogen in men



- ✓ Diet
 - Low calcium and vitamin D intake
 - Excessive intake of protein, sodium, and caffeine
- ✓ Inactive lifestyle
- ✓ Smoking
- ✓ Alcohol abuse
- ✓ Certain medications such as steroid medications, some anticonvulsant
- ✓ Certain diseases and conditions such as anorexia nervosa, rheumatoid arthritis, and gastrointestinal diseases

What can I do? At any age:

Calcium - get 1200 mg/day

Foods like dairy products, almonds, spinach, broccoli

Calcium Fortified: juices, cereals and bread

Vitamin D - get 10 mcg/day for ages 51-69 and 15 mcg/day for over 70

Foods like eggs and cheese

Exercise - at least 30 minutes, 2 to 3 times a week

To slow down the process of bone loss try:

Weight-bearing exercises

Muscle strengthening exercise



To prevent falls and broken bones try:

Balancing exercise

Posture exercise