

Osteoporosis

If Osteoporosis is not exclusive to women. Men also suffer this potentially life threatening and chronically painful illness. It is estimated that up to 50% of menopausal women are osteoporotic and have the risk of hip or vertebral fracture. Osteoporosis is of greater concern than many forms of cancer and is responsible for more deaths.



Preventative measures

- Exercise daily and engage in weight bearing activities such as running or walking. Bicycle riding doesn't count nor does swimming as a weight bearing activity.
- Calcium in the form of a supplement is necessary. 1500 mg in women who are menopausal and 1000 mg in men and premenopausal women should be consumed daily and taken with meals in small (500 mg) increments.
- Milk is actually a poor calcium source. Low and non-fat milk are better than whole milk but you can find more calcium and fewer calories in broccoli or sardines.

continued on back

The **Choice Care Life Potential** Program Preventative Care

It is within your power to make a difference in your health. Unfortunately it is too easy to ignore risks to your health and it can be very hard to make effective changes that improve your health. Dr Zwelling's Life Potential program makes preventative care information accessible, and our Life Potential Profile can help you take control of your life 3 Easy Steps at a time.

- There are many medications that are available to help menopausal women maintain bone density. Hormone replacement therapy is very successful, as is Evista, a medication that acts like estrogen on bone but is an anti-estrogen so far as the breast is concerned. There are also a variety of bisphosphonates such as Fosamex, or Actonel (taken weekly) or Boniva (taken monthly) that are also effective.

Other facts

- There are many diseases or conditions that may increase your risk for osteoporosis. These include family history, Northern European ancestry, use of steroids, lack of physical exercise (paralysis or other injury), or abnormal thyroid function.
- There are many ways to determine your bone density and bone metabolism. NTX is a urine test that measures bone metabolism. Bone density scans measure the bone density. Both tests might be necessary to determine your risk of fracture.

"The skeleton is what is left after the insides have been taken out and the outsides have been taken off. The purpose of the skeleton is something to hitch the meat to." *-something a kid once said*

