A Healthy Lifestyle Boosts Your Bone

Bone loss results in weak bones that are at increased risk of fracture. Bone loss can occur as part of the normal aging process or as a complication of cancer or cancer treatment. Bone loss cause osteoporosis which is a disease in which bones become weak and fragile. Osteoporosis is a serious disease that affects millions of people worldwide. Without prevention or treatment, osteoporosis can progress without pain or symptoms until a bone breaks. Therefore, prevention of osteoporosis is very important.

For strong bones, people need enough of both calcium and vitamin D. Calcium builds strong bones; vitamin D aids the body absorb calcium. Therefore, a combination of calcium and vitamin D can reduce the risk of osteoporosis. The recommendations for calcium and vitamin D are as follows: adults under age 50 should have 1,000 mg of calcium and 400 - 800 IU of vitamin D daily; adults age 50 and older should have 1,200 mg of calcium and 800 - 1,000 IU of vitamin D daily. Great calcium sources include milk, yogurt, and cheese. Other sources of calcium include some green vegetables such as broccoli and kale. Good dietary sources of vitamin D include fortified milk, egg yolks, liver, saltwater fish, and fish oils.

Exercise can help to rebuild bone and slow the progression of osteoporosis. Regular and life-long exercise reduces the risk for osteoporosis and fracture. Walking, jogging, bicycling and light aerobics improve muscle mass and strengthens bones. The exercise recommendation for bone health is 30 minutes of weight-bearing exercise five days a week. Old people, however, need to check with doctors before starting physical activities.

Smoking increases the risk of osteoporosis. Many evidences indicate that smoking increases bone loss and decreases intestinal calcium absorption. Excessive alcohol intake leads to about 2% bone loss. This is related to both poor nutrition and increased risk of falling. Smoking also causes 2% bone loss. If people are having both excessive alcohol and nicotine, the combined bone loss will be even more, approximately equal to 8%.

Healthy lifestyle habits, including adequate intake of calcium and vitamin D, exercise, quit smoking and limited alcohol intake, are important for preventing bone loss and osteoporosis.

Contact ________________, Texas A&M AgriLife Extension Service _______________ County agent at ________________, for more information.

Resources:

http://www.hormone.org/Osteoporosis/lifestyle.cfm


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