

# BONE LOSS PREVENTION

**\*\*\*A woman's risk of hip fracture is equal to her combined risk of breast, uterine, and ovarian cancer.\*\*\***

- One in two women over age 50 will have an osteoporosis-related fracture in their remaining lifetime.
- ¼ of those who could walk before a hip fracture require long-term care afterward.
- 24% of hip fracture patients aged 50 & over die in the year following their fractures.

## What can you do to prevent bone loss?

1. Take calcium every day. Only 500 mg can be absorbed at one time, so you must take this amount 2 – 3 times daily to get the correct amount in your system. See the chart below for the correct amount for your age.
2. Do weight-bearing exercise for at least 30 minutes most days of the week.
3. Do not smoke and do not drink alcohol in excess.
4. Test your bone density when your doctor advises it is appropriate.
5. Take medication to improve poor bone density if advised to by your doctor.

### **Recommended Calcium Intake:**

<u>Age</u>	<u>Milligrams per day</u>
9-18 years	1300 mg
19-50 years	1000 mg
51-70+ years	1200 mg
50+ years (women not on hormones)	1500 mg

- Dietary sources of calcium include: dairy products, broccoli, collard greens, kale, mustard greens, turnip greens, Chinese cabbage, canned salmon, canned sardines, shellfish, almonds, Brazil nuts, & dried beans, fortified breads, fortified cereals & fortified orange juice.
- Dairy products contain the highest amounts, usually about 300 mg per serving.
- Dr. Binford recommends the following calcium supplements: Viactive, Caltrate D, & Citracal D (dissolves in warm water).