

**Lakeview Community Wellness Center  
Orthopaedic Connection**

**Girls And Young Women Need Weight Bearing Exercise**

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***Transforming patient information into patient understanding.***

Last week I hope you were wowed by what the Benefits of Exercise can do for you.

This week I am calling your attention to what girls and young women must do to stay healthy.

Not too many girls and young women are going to read this themselves. I am writing this for everyone who has a girl or young women in their family. Parents and Grandparents, you can give them a great gift by convincing them to do what is written here.

**Strong Bones**

Strong bones can only result from using them. Everyone needs lifelong weight-bearing exercise to build and maintain healthy bones. *It is especially true for girls and young women.*

They absolutely must build their bone mass when they are young to decrease the risk of the dreaded osteoporosis later in life.

Osteoporosis is largely preventable if girls and young women get enough weight bearing exercise when they are young. As they age, staying very active and continuing other healthy habits maintains bone mass.

It's all about you. If you don't want to have osteoporotic fractures later - read on.

**Bone Mass**

The best time to build bone density is during the early years.

The maximum size of your bones is determined by genetics. You need weight-bearing exercise to reach peak bone mass. There is no substitute for weight-bearing exercise.

- Weight-bearing exercise during the teen years and early 20s is ideal.
- Bones can continue to strengthen during the 20s into the early 30s.
- Bone loss normally begins in the mid 30s.

### **Preventing Bone Loss**

- Osteoporosis prevention is a special concern for females. Why?
- Women reach peak bone mass (density) at an earlier age than men.
- Peak bone mass is lower in women than men.
- Women undergo rapid bone loss after menopause.
- Bone strengthening hormone Estrogen levels drop dramatically after menopause.

### **What Is Weight-Bearing?**

For the rest of your life you can help prevent osteoporosis by doing regular weight-bearing exercise.

Fine, Doc, but what is it?

Weight-bearing describes any activity you do on your feet that works your bones and muscles against gravity.

Bone is living, changing tissue that is constantly breaking down and reforming. When you do regular weight-bearing exercise, your bones adapt to the impact of weight and the pull of muscles by building more bone cells and bones become stronger.

### **Recommended Activities**

- Build up leg, hip and lower spine strength
- Brisk walking, jogging and hiking
- Yard work such as pushing a lawn mower
- Heavy gardening
- Team sports such as soccer, softball, basketball
- Dancing, step aerobics, stair climbing
- Tennis, other racquet sports
- Skiing, skating, karate
- Bowling

Weight training with machines or free weights is important in building strong bones in the upper body. This is available to you at

Lakeview Community Wellness Center along with professional instruction in how to use the equipment.

Swimming and bicycling are not weight-bearing activities.

Last week I told you that national guidelines recommend that we get at least 30 minutes of moderate exercise at least 5 times per week and in addition, twice a week weight training.

### **Regular Exercise**

- Increases muscle strength
- Improves coordination and balance
- Leads to overall better health
- To sustain the bone strengthening benefit of weight-bearing activity you must maintain, even increase the intensity, duration and amount of stress applied to bones over time.

It is really hard for people to do all of this on their own. I know that. It is why I strongly recommend you take advantage of all that the Lakeview Community Wellness Center offers. Everything I have recommended is available at the Wellness Center.

Parents, grandparents help your young women to become aware of the huge importance of what I am telling you.

### **New Improved Website and Archive**

Please log on to [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com) and Your Orthopaedic Connection to see what you have been missing. There is a ton of great information about Orthopaedics and musculoskeletal problems.

The Archive of all the articles I have written for you in Lakeview Area News is there. The complete text of every article. Click on the title of the article and the whole article pops up.

### **Appointments**

Thanks for your support of the Orthopaedic Clinic at Lakeview Community Wellness Center. I am happy to see all Orthopaedic Surgery problems at LCWC or at the office at 315 Warwick Dr., Alma, Michigan.

Please call 989-463-6092 to schedule an appointment at either location.

Future LCWC Clinic dates are July 16 and July 30, 2010.

Our goal is simple - To help people return to more pain free,  
functional lives. I specialize in you.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush