

## **Argus Orthopaedic Zone**

### **Your Bone Strength. Any Idea?**

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

Last time I hope I was able to make you aware of the importance of knowing your bone strength. If you are older and have no clue about it, you are whistling in the dark. Danger lurks and you have no idea. Too bad. But, it doesn't have to be.

Knowing your bone strength like your blood pressure helps doctors help you. Fracture risk is knowable and treatable.

#### **Screening**

Bone density screening is strongly recommended every 2 years for women 65 and older and men 70 and older.

#### **Risk Factors**

Some patients are more prone to osteoporosis due to genetic or lifestyle factors. Check out our website [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com) for information about risk factors to see if you are at risk for osteoporosis.

#### **Adequate Intake**

Daily intake of Calcium and Vitamin D helps keep bones strong.  
Calcium 1500mg of Calcium from diet or supplements. No more than 500mg at a time.  
Vitamin D 1000 iu per day.

#### **Myths**

1. Osteoporosis is an old ladies disease.

False. Bone loss in women can begin as early as 25. The lifetime risk for a women to have an osteoporotic fracture is one in three. The loss of bone is silent and progressive. *One brick at a time.*

2. Osteoporosis is a normal part of aging.

False. Not all people will have osteoporosis as they age. By building strong bones through exercise and healthy nutrition when young, maintaining good bone health as an adult and weight bearing exercise, you can greatly reduce the risk of osteoporosis.

3. Only women get osteoporosis.

False. It is more common among women. One in five men have it also. Women get more fractures, but the risk in men increases with heavy alcohol use.

4. If you take an osteoporosis drug you don't need calcium.

False. No osteoporosis drug can help bones if you are not getting enough adequate daily calcium. You need Vitamin D also. To use another brick wall image - in the osteoporosis battle, calcium is the brick and osteoporosis drug is the mortar. The drug helps hold the bricks together, but without bricks the mortar is useless.

5. A good bone density test at age 60 means no later osteoporosis risk.

False. A test showing strong bones at age 60 is great. Bone tissue continually changes and remodels. After age 30 you lose slightly more bone than you gain. As you age Vitamin D is not produced as well by the skin and Calcium is not absorbed as well by the small bowel.

Well, there you have it. I hope in the last two weeks you have learned a lot more about bone strength than you knew before.

For much more valuable information about osteoporosis, bone strength and Calcium log on to our office teaching website [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com), which can take you to Your Orthopaedic Connection.

Our goal is simple - To help people return to more pain free functional lives.

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

Be well.

Dr. Haverbush