

Osteoporosis: Not Just An Elderly Disease



Osteoporosis has become an epidemic in the United States. About 10 million people—80% of them women—suffer from the chronic condition that leads to debilitating and life-threatening fractures. What's worse, the number of people with low bone mass—high risk for osteoporosis development—keeps growing. While 34 million people now have low bone mass, by 2010, the number is expected to climb to 52 million.

The reasons for the increase are not yet clear, but research points to lifestyle and diet. The bony structure is built in childhood—and weight-bearing physical activity and proper nutrition are essential. Today's children, however, spend most of their time sitting in front of TV sets or computer monitors and drink calcium-robbing sodas, instead of calcium-rich milk. The inactivity and calcium imbalance makes them more likely to develop osteoporosis.

Osteoporosis Screening

One of the most common bone diseases, osteoporosis is also one of the most preventable. Because osteoporosis is painless until a fracture actually occurs, bone density screening should be

used to help diagnose the disease early on. The screening should be done every 2 years, especially in people with the following risk factors for osteoporosis development:

- Female
- Menopausal
- Small frame
- Ovary removal or menopause by age 45
- Prolonged hormonal imbalances
- Known calcium and vitamin D deficiencies
- Insufficient physical activity
- White or Asian ancestry
- Smoker
- Excess caffeine intake (more than 3 cups of coffee, tea, or soda a day)
- More than 2 alcoholic drinks per day
- Regular use of certain medications (glucocorticoids, thyroid hormone, anticonvulsants, and aluminum-containing antacids)
- History of eating disorders

Osteoporosis screening and prevention are especially important because bone loss is irreversible and can only be stabilized, not improved, unless one uses a medication, such as Fosamax. Medications, however, usually come with various side effects. Your doctor of chiropractic can help you prevent the development or progression of osteoporosis naturally—through diet, supplementation, exercise, and lifestyle changes.

The American Chiropractic Association recommends the following tips for preventing and managing osteoporosis:

Exercise

- Start a regular exercise program. Exercise puts stress on the bone and helps it strengthen and remodel. Exercise for at least 20 minutes 3 times a week.
- Tai Chi, a form of the martial arts, and other weight-bearing activities, such as jogging, walking, stair climbing, playing racquet sports, aerobics, and dancing, can be beneficial. These exercises improve flexibility and balance, reducing the risk of falling and fractures.

- Resistance exercises that increase muscle mass and strengthen bones, such as weight lifting, are generally recommended. However, if you have had a fracture, fall frequently, or have osteoporosis, consult with your health care provider before starting the exercise program.
- Spend time outdoors. Exposure to sunlight increases your level of vitamin D—a necessary element for absorption of calcium, which prevents osteoporosis development.

Safety Precautions

- Be careful when bending and lifting heavy objects, including children. When lifting, bend from the knees, not the waist, and try to avoid hunching over while sitting or standing.
- Remove throw rugs, electrical cords, and other objects you may trip on from the areas where you walk. Falls from a standing position for an osteoporosis patient often mean fractures.

Nutrition and Supplementation

- Decrease consumption of foods high in phosphorus, such as soda, potato chips, hot dogs, bacon, beer, biscuits, crackers, white rice, liver, bologna, and peanuts. Too much phosphorus decreases absorption of calcium and other minerals and weakens the bone.
- Calcium is essential to building and protecting the bones. Good sources of calcium are milk, cheese, yogurt, broccoli, kale, spinach, and rhubarb. A glass of milk and a cup of yogurt add 600 mg of calcium to your daily diet.

- If you are looking for a calcium supplement, try one that's highly absorbable, such as microcrystalline hydroxyapatite concentrate (MCHC), or one of the malates, fumarates, succinates, glutarates, or citrates. But don't overdo it. Excess calcium may cause kidney stones, so ask your health care provider about your individual supplement amount.
- Check with your health care provider if you are getting enough vitamin D. Without vitamin D, the body won't absorb calcium. Sunlight exposure is the main source of vitamin D intake, and, especially in the winter months, some people need to take a vitamin D supplement.



Your doctor of chiropractic has the knowledge, training, and expertise to help you understand what your problem is and, in many cases, manage it successfully. Remember, however, that the treatment program can be successful only with your active participation. If your doctor of chiropractic feels that he or she cannot help you, he or she will direct you to another health care provider.

For More Information To find more information on prevention and wellness, or to find a doctor of chiropractic near you, go to the Patient Information section on ACA's Web site at www.acatoday.com or call 800-986-4636.

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