

Osteoporosis: Are You Getting Enough Calcium?

Osteoporosis is when your bones become brittle & break easily. It is considered a “silent” disease that occurs slowly & quietly but has a large impact on life. Bone loss can cause your spine to become deformed with a hunchback shape. Severe back pain can accompany this process. Bone loss can even make you shrink! As your spine loses its structure, vertebra can collapse causing permanent loss of height.

With a fall, broken hips and shoulders often trigger a hospital or nursing home stay. Recovery can be long and in the meanwhile, muscles lose strength and may lead to a person not being able to take care of themselves.

Help prevent osteoporosis by having at least 1200mg of calcium per day. This is 4 servings of dairy products. One serving of dairy is:

- ü 1 cup of milk
- ü 1.5 oz of cheese
- ü 1 cup of yogurt
- ü ½ cup tofu

Calcium can also be found in fortified orange juice, grape juice, soy milks, and many other products. It is best to get calcium from food whenever possible.

If getting 1200mg of calcium per day is difficult, try a calcium supplement. Both Calcium Citrate and Calcium Carbonate are good choices. Calcium with Vitamin D and/or boron may also help your body absorb calcium better. Do not take any calcium products with oyster shell, bone meal or dolomite. These may contain lead and toxic heavy metals.

Good balance is important to prevent falls. See our City Centre brochure for classes that will improve your balance & flexibility.