

Bone Health/Calcium/Osteoporosis Handout

Osteoporosis means porous or bones with holes. It is a bone-loss disease resulting in an increased risk of fractures. Osteoporosis is a silent disease that can begin early in life. It progresses slowly over the years and often with no symptoms. With osteoporosis, all bones may become fragile, but hip, spine, and wrist fractures are the most common of all. Osteoporosis causes more than fractures. As the spinal bones or back bones collapse, some people can no longer stand straight and tall. They develop a curved and hunched-over appearance.

As a woman, you are at greater risk than a man. Your bones are lighter and smaller. You will lose bone density faster at menopause when your estrogen levels decrease. Women typically consume less calcium-rich foods and often they eat less to control their weight. Osteoporosis is preventable, yet one in two women is at risk of developing fractures caused by osteoporosis.

For Bone Health and To Prevent Osteoporosis:

1. Get enough calcium. See the below advice on recommended daily allowances. Include a good intake of vitamin D³ 1000 IU daily, the amount found in most multivitamins. Vitamin D helps the body absorb and use calcium.
2. Quit smoking and avoid excess alcohol; both can cause calcium loss.
3. Do weight-bearing exercise (e.g., walking, jogging, dancing) for 30 minutes at least 3 times a week. This will strengthen bones and keep muscles strong to prevent falls.
4. Look around the house to make sure there are no loose rugs, or other things that can make you trip and fall.
5. Discuss the effects of other medications you take with your provider because some medications can increase your risk of osteoporosis or bone calcium loss.

Bones and Age:

- **During adolescence:** Nearly half of all the bone mass is formed during the teen years.
- **If you are still in your 20's:** You are still in the prime bone-building years. You can continue to add bone tissue to make them denser and stronger by vigorous exercise.
- **If you are approaching 30:** Your window of opportunity is still open. You can make up for scarce calcium years by boosting your daily deposits before peak bone mass is reached, which is the maximum amount of bone that you will ever have.
- **If you are 35 to 45:** You have reached your peak bone density and now you need to preserve it with exercise and calcium intake. Both activities will help you maintain your bone density.
- **If you are over 45:** You need to start thinking about options to protect your bones and to slow bone loss. There is a sharp decline in the production of estrogen. This female hormone plays a role in preserving a positive calcium balance in our bones.

Recommended Daily Allowance for Calcium in Women

Ages 1 through 8.....	800 mg
Ages 9 through 18.....	1,300 mg
Ages 10 through 50.....	1,000 mg
Ages 51 through 64.....	1,200 mg
Ages 50 through 64 if not taking estrogen or over age 64.	1,500 mg
Pregnant and lactating women.....	1,500 mg

Calcium Supplements

You can also buy calcium supplements.

<u>Calcium Carbonate.....</u>	<u>mg of calcium</u>
Generic chewables.....	200 to 600
Caltrate 600.....	600
Equilet, chewable.....	200
OsCal 500, chewable.....	500
Titralac.....	168
Titralac Extra Strength.....	300
Viactiv chewables.....	500

Calcium Citrate.....mg of calcium

Citracal 950.....	200
Liquitab.....	500
Nutravescent.....	500

Note: Calcium is best absorbed in divided doses with food.

Folic Acid – 400mcg



Where do you stand with your calcium balance?

Count your daily calcium intake:

1.	Take credit in your diet's every day basic foods.....	172mg	
2.	Take extra credit for calcium-rich food you eat every day:		
	Milk, whole – 1 cup	291 mg	_____
	Milk, low-fat – 1 cup	297 mg	_____
	Milk, chocolate – 1 cup	280 mg	_____
	Milk, half & half – 1 cup	254 mg	_____
	Milk, evaporated canned – 1 cup	675 mg	_____
	Egg nog, commercial – 1 cup	330 mg	_____
	Yogurt (depending on flavor) – 1 cup	343-415 mg	_____
	Cheddar cheese – 1 ounce	204 mg	_____
	Parmesan cheese – 1 ounce	390 mg	_____
	Provolone cheese – 1 ounce	214 mg	_____
	Swiss cheese – 1 ounce	272 mg	_____
	Almonds – 1 cup	304 mg	_____
	Hazelnuts – 1 cup	240 mg	_____
	Kale – 1 cup	206 mg	_____
	Collards – 1 cup	357 mg	_____
	Sardines, canned – 3 ounces	372 mg	_____
	Blue cheese – 1 ounce	150 mg	_____
	Cottage cheese – 1 cup	130 mg	_____
	Mozzarella cheese, whole milk – 1 ounce	163 mg	_____
	Mozzarella cheese, part skim milk - 1 oz.	207 mg	_____
	American cheese – 1 ounce	174 mg	_____
	Broccoli – 1 stalk	158 mg	_____
	Spinach – 1 cup	167 mg	_____
	Ice cream, regular – 1 cup	176 mg	_____
	Ice cream, soft – 1 cup	237 mg	_____
	Egg – 1 egg	28 mg	_____
	Cabbage – 1 cup	44 mg	_____
	Cream cheese – 1 ounce	23 mg	_____
	Beef, pork, poultry – 3 ounces	10 mg	_____
	Apples, bananas – 1 medium piece	10 mg	_____
	Grapefruit – 1 medium piece	20 mg	_____
	Potatoes – 1 medium piece	14 mg	_____
	Carrots – 1 medium piece	27 mg	_____
	Lettuce – ½ head	27 mg	_____
	YOUR TOTAL		_____

Add 1 and 2 to figure your daily calcium intake. If your calcium intake is over 1000 mg daily, congratulations! If it is under 1000 mg, you run the risk of putting your body in negative calcium balance.

To correct, either change your diet to include more calcium-rich foods or take a calcium supplement.

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