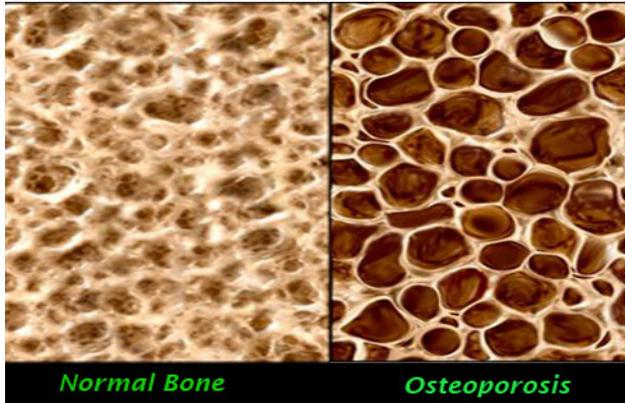


Osteoporosis

June is National Dairy Month and a great time to highlight the healthy benefits of yummy Wisconsin foods like milk, cheese, and ice cream. These dairy products help keep our bellies filled, our bodies healthy and our bones firm. Bones fueled by the power of dairy foods are hard and dense. Individuals suffering from osteoporosis, a disease caused when your body loses more bone than it makes, have bones filled with holes that are larger than normal making them weak and likely to break.



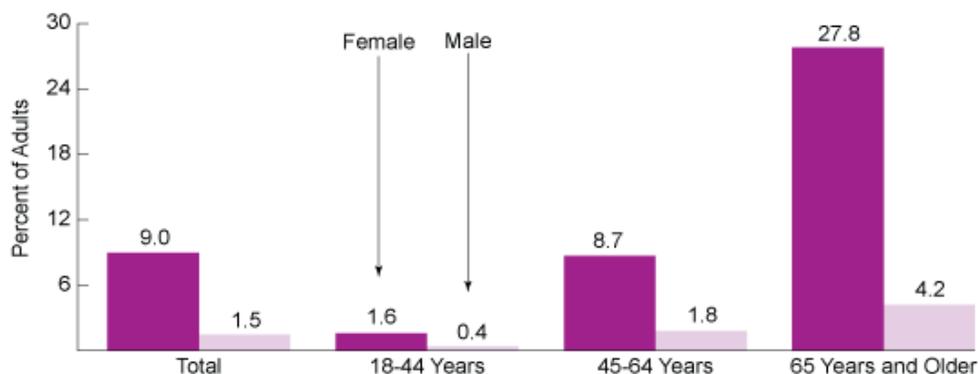
Osteoporosis has been called the 'silent disease' because those affected often do not know until they experience a bone injury. Osteoporosis, and low bone density touch 52 million Americans and cause 90% of fractures in the aging population. These osteoporosis-related fractures are one of the largest sources of disability in America. Common sites of injury include the hip, wrist and spine.

<http://www.orthozane.com/wp-content/uploads/2011/10/osteoporosis.jpg>

Risk Factors for Women

Osteoporosis is much more common in women than in men: 8 million American women are diagnosed with osteoporosis, compared to only 2 million men. As seen in the graph below, the tallest bar illustrates that the most diagnoses are for women age 65 and older. This is because women lose bone density at a faster rate than men due to the decline of hormones during and after menopause. Some women lose up to 20% of their bone mass in just the 5 to 7 years after menopause. In contrast, men experience a gradual decline during aging as shown by the small increases in the lighter colored bars over time. Overall, Asian and Caucasian women have the highest rates of osteoporosis. Click on the link: <http://nof.org/articles/235> for more information gender differences related with this disease.

Diagnosed Osteoporosis* Among Adults Aged 18 and Older, By Age and Sex, 2005–2008



*Reported a health professional had ever told them they had osteoporosis.

Source: Centers for Disease Control and Prevention, National Health and Nutrition Examination Survey, 2005-2008. Analysis conducted by the Maternal and Child Health Information Resource Center.

Life Style & Prevention

Bone density is the highest between 18 – 25 years of age. For this reason, it is important to establish bone health during adolescence as habits early in life continue to impact your body as you age. That being said, it is not too late to take preventative steps against the risk of osteoporosis.

Make sure you are getting enough:

Exercise: Including exercise as a part of your weekly schedule is an important part of prevention. Try focusing on the following types of exercises:

- 30 minutes of weight-bearing exercises multiple times a week including high-impact - running, hiking, jumping rope, or low-impact - fast walking, using an elliptical machine.
- Shorter periods of muscle-strengthening exercises 2-3 times a week that require weights, bands, or include lifting your own body weight.
- Daily or as needed sessions of non-impact exercises that focus on maintaining balance, posture and body function.

For a detailed example of a few exercise ideas check out the National Osteoporosis Foundation's webpage: <http://nof.org/articles/543>

Calcium: 99% of calcium in the body is stored in our bones and teeth and is vital to building and maintaining bone strength. We cannot produce calcium in our bodies and must look for other sources in dairy products, calcium fortified foods or supplements.

- Recommended amounts of Calcium:
 - 1,000 mg for women 50 and under and men 70 and under
 - 1,200 mg for women 51 and over and men 71 and older

Tip: Add some nonfat powdered milk to recipes to pack your dishes with calcium goodness. 1 teaspoon = 50mg of calcium.

Vitamin D: In order to absorb all of the nutritious calcium you consume your body needs vitamin D. It also helps keep bones healthy and dense. When our skin is exposed to sunlight, our body makes vitamin D. Other sources include fish like salmon, and supplements.

- Recommended amounts of Vitamin D:
 - 400-800 International Units (IU) for women and men under 50
 - 800-1,000 IU for women and men 50 and over

As with all physical and dietary suggestions, talk with your healthcare provider before making significant changes to your lifestyle. For more information, please refer to <http://nof.org/articles/10>

Lastly, if you are concerned about your risk for osteoporosis, a bone density screening can help your healthcare provider determine the status of your bone health. Talk to your provider for more information.