



**1 in 2 women
and 1 in 4 men
over the age of 50
will break a bone
due to osteoporosis**

How Much Calcium Do You Need Daily?

Women

- ≤ 50 yrs – 1,000 mg
- ≥ 51 yrs – 1,200 mg

Men

- ≤ 70 yrs – 1,000 mg
- ≥ 71 yrs – 1,200 mg

How Much Vitamin D Do You Need Daily?

Women and Men

- < 50 yrs – 400-800 IU
- ≥ 50 yrs – 800-1,000

WHAT IS OSTEOPOROSIS?

Osteoporosis is a disease of the bones. It can occur when not enough bone is made, when too much bone is lost or when both problems are combined. This causes bones to become weak, typically in the hip, wrist and spine.

Having osteoporosis may result in a broken bone from a minor or serious fall. If you are age 50 years or older and have broken a bone, make sure to talk to your doctor about your need for a bone density test.

COMMON SIGNS & SYMPTOMS

- A bone fracture that occurs from very little stress
- Back pain due to a bone fracture
- Becoming shorter overtime
- Stooped posture/curvature of the back

RISK FACTORS

Risk factors are certain conditions or a lifestyle that can increase your chance of getting osteoporosis. Some risk factors cannot be changed, such as:

- Age over 50 years
- Female gender
- Menopause
- Family history
- Low body weight

However, the following risk factors can be controlled by making healthy lifestyle changes:

- Diet low in calcium and vitamin D
- Poor nutrition (not enough fruits and vegetables)
- Diet consisting of too much protein, sodium and/or caffeine
- Little physical activity

PREVENTING OSTEOPOROSIS

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CALCIUM

Ensure you have enough calcium in your diet.

The best way to get the calcium your body needs is through your diet. Good sources of calcium include:

- Low-fat dairy products
- Dark green leafy vegetables (such as spinach)
- Soy products (such as soy beans)

If you find it difficult to get enough calcium from your diet, consider talking to your doctor about taking a calcium supplement. See sidebar on previous page to see recommended daily dosing.

VITAMIN D

Ensure you have enough vitamin D in your diet.

Vitamin D helps protect your bones and your body requires it to absorb calcium. If you don't get enough vitamin D, you are at risk of having lower bone density, bone loss and breaks.

Vitamin D is naturally available in only a few food sources, which include fatty fish like salmon and tuna, milk, soymilk, orange juice and cereals.

If you have any questions, talk to your doctor about this and see if taking a vitamin D supplement would be beneficial for you.

EXERCISE

Exercise to increase bone strength.

For bone health, make sure you are getting at least 30 minutes per day of weight-bearing exercise or 2-3 days per week of muscle-strengthening exercise (see examples below).

If you haven't exercised regularly for a while, check with your doctor before starting a new exercise program, particularly if you have heart disease, diabetes or high blood pressure.

Osteoporosis is not part of the normal aging process.
Take action now
to protect your bone health for the rest of your life.

Weight-bearing Exercises (low-impact):

- Using elliptical training machines
- Doing low-impact aerobics
- Using stair-step machines
- Fast walking on a treadmill
- Fast walking outside

Muscle-strengthening Exercises (resistance):

- Lifting weights
- Using elastic exercise bands
- Using weight machines
- Lifting your own body weight
- Standing & raising your toes



EMI Health and Veridicus Health care about your health and well-being. If you have healthcare questions, contact our team of registered nurses, mental health professionals, clinical pharmacists, and wellness coaches.

Please contact us at 1-855-586-2568.
We are available Monday through Friday, 8:00 a.m. to 5:00 p.m. MT.

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References available upon request