

DAILY AMOUNT OF CALCIUM	1200 - 1800 mgs
DAILY AMOUNT OF VITAMIN D	1000 - 1600 IU's

Tips on Calcium

- Calcium should be taken in small amounts (600mg or less) throughout the day.
- Chewable calcium is recommended to ensure absorption, especially if you have digestive problems or take antacids.
- Calcium is important for bones, the heart, muscles and nerves. The body loses calcium everyday and must be replaced daily.
- Vitamin D is essential in the role of calcium absorption. Without a minimum of 1000 i.u.'s Vitamin D you will not absorb the calcium you take.
- Maximum daily amount of calcium is 2500 mgs. Calcium supplements should not be taken in combination with thyroid medications and iron supplements.
- Extra magnesium or fiber taken with your calcium may help if you experience constipation.

Exercise and Osteoporosis

Exercise is an important part of osteoporosis prevention and treatment. Walking, jogging, racquet sports, hiking, dancing and stair climbing are most beneficial. Walking facilitates uptake of calcium into the bone from the bloodstream and also reduces risk of hip fracture by 30%. Walking improves balance and strength. You should walk 30-45 minutes a day, 5 days a week. Even walking in place in your living room 15 minutes twice a day triggers the bone to take up calcium. Women with a small thin body frame can increase the impact on the bone by wearing a weighted vest (evenly distributed weight front and back) while exercising.

How to prevent bone loss?

A combination of calcium, Vitamin D and weight bearing exercise are the keys to building and/or rebuilding bone density and preventing fractures.

***Prescription Treatment for bone loss and osteoporosis
(must take with calcium and exercise for best results)***

- Evista (post menopausal women not on hormone replacement)
- Actonel (once a week) or (2 tabs once a month)
- Fosamax (once a week)
- Boniva (once a month)
- Miacalcin (nasal spray)
- Forteo (daily injection)
- Reclast (annual injection)
- Prolia/Denosumab Injection (every 6 months)

Please contact your doctor to discuss if you should be on a prescription for bone loss.

Avoiding Falls

You may need to make certain changes in your daily life to avoid falls if you have bone loss.

- **Lack of vitamin D** has been shown to increase body sway and increase risk of falling since it is crucial for muscle health.
- Secure all rugs; avoid small throw rugs that can slide. Keep halls, stairs and entries well lighted.
- Use nightlights in the bedroom and install grab bars in the bath.
- Wear sturdy, low-heeled, soft-soled shoes.
- In the kitchen, use nonskid rubber mats near the sink and stove.

Bone Density Results

RESULT	T-SCORE
Normal	-0.9 or higher (A result of 0.0 or higher demonstrates a thick bone mass)
Osteopenia	-1.0 to -2.4 = 10% bone loss (Borderline stage - high risk for osteoporosis)
Osteoporosis	-2.5 to -5.0 = 25% or more bone loss

****Recommendations provided by Dixie Melillo, MD**