

What You Can Do

WHAT TO STOP



- High sugar intake
- Colas and sodas
- Fast and processed foods
- Excessive alcohol
- Excessive caffeine

WHAT TO START



- Consume enough protein
- Consider protein supplementation such as Vidafuel
- Increase vitamin D, calcium, magnesium

WHAT TO DO



- Weight bearing exercises (for at least 30mins/ day)
- Walking
- Climbing stairs
- Gardening
- Weight lifting

WHAT TO WATCH



- Monitor your bone mineral density as ordered by your doctor

Risk Factors For Weak Bones



Aging



Genetics or family history of low BMD



Little to no exercise



Diet lacking calcium and/or vitamin D



Smoking



Too much caffeine or alcohol



Some medications (chronic steroid use)



End Stage Kidney Disease
→ Renal Osteodystrophy (adynamic bone disease)

