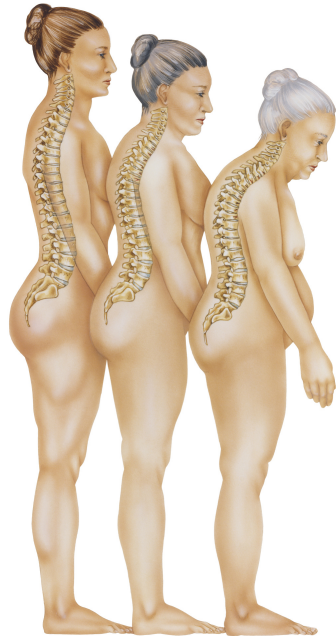


Osteopenia and Osteoporosis 101: What You Need to Know



Osteoporosis progression

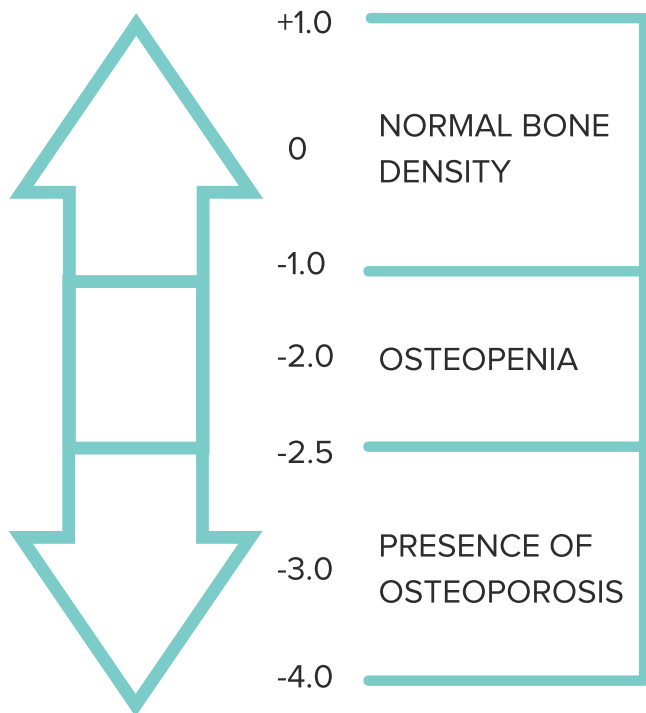
Osteopenia and osteoporosis

Did you know that osteopenia affects half of Americans over age 50 and that osteoporosis causes about two million broken bones every year? Osteopenia and osteoporosis are both degrees of decreased bone density, one more severe than the other.

What does the latest research say?

Calcium, collagen, vitamin D, and protein are specific key nutrients involved in bone health. Collagen also plays a key role in cells — enhancing bone mineral density and bone mineral content.

A bone study showed that women taking calcium and collagen supplements together had lower bone breakdown than those that only took calcium.



Bone density T-score

Detecting bone density

Osteopenia is the loss of bone density caused by a deficiency in calcium, vitamin D, magnesium, and other vitamins and minerals. Osteoporosis is a more severe form of Osteopenia.

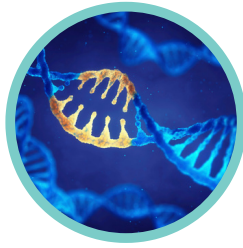
A simple test called a dual-energy x-ray absorptiometry scan is used to determine a T-score that measures your bone mineral density (BMD).

Testing is recommended for women over the age of 65 after menopause, and men over 70 at risk for bone loss.

Risk Factors for Weak Bones



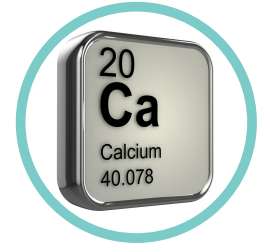
Aging



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)

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