



Preventing Osteoporosis with Exercise & Diet

Osteoporosis is a silent and potentially disabling disease that is characterized by gradual bone loss resulting in weakened bones. If left untreated, this bone loss can lead to fracture. Osteoporotic fractures are most commonly found in the spine, hip and wrist. According to the National Osteoporosis Foundation (NOF.org), over 1 million osteoporosis fractures occur each year in the U.S. Osteoporosis is a progressive condition that causes bones to become thin, brittle, porous, and more susceptible to fracture. **Good posture and muscle strength help to prevent falls and fractures.**

While any bone can be affected by osteoporosis, the most debilitating fractures are those of the hip and spine.

Osteoporosis is considered to be a major public health hazard.

Risk Factors:

Prior Fracture: Breaking a bone in adulthood after minor trauma is a hallmark sign of osteoporosis.

Age: Our ability to produce vitamin D and absorb calcium declines with age. One in two women and one in four men over age 50 will have osteoporosis-related fracture in their lifetime. By age 70, men and women lose bone mass at the same rate.

Gender: Women are at greater risk for osteoporosis than men because they have smaller bones in general, and they lose bone mass more rapidly than men, especially

during the first 5-10 years after menopause.

Medications: Steroids can disrupt the process of bone repair. Many of the drugs used to treat rheumatoid arthritis, asthma, lupus, seizure disorders and gastrointestinal problems can also cause bone damage. Cancer treatments, excessive thyroid hormone and even aluminum-containing antacids are known to cause damage to bone.

Diseases: Patients with diseases that affect bone repair are at increased risk for osteoporosis. These include Paget's disease, hyperthyroidism, diabetes and Cushing's syndrome, among others.

Genetics: If a parent or sibling had osteoporosis or

(continued on back)

May Medical & Fitness Seminars



Osteoporosis Prevention

By Dr. Salvatore Lacagnina,
Lee Physician Group

Wed, May 27 at 4 pm

2nd Floor Conference Room



Osteoporosis: Nutrition & Exercise

By Mary-Day Power

Thur, May 28 at 11 am

2nd Floor Conference Room

Please register for seminars at the front desk or call 573-4800.

Injury Prevention & Return to Sports After an Injury for the Active Adult

By Dr. Eduardo Gomez

Institute of Orthopedic Surgery & Sports Medicine

Wed., May 20 at 4:30 pm
2nd Floor Conference Room



On The Calendar:

- May 20 & May 27 —Medical Seminars
- May 28—Fitness Seminar
- May 25—Closed Memorial Day
- May 7—Noon Luncheon at Olive Garden, Cape Coral



A professional difference

609 SE 13th Court
Cape Coral, FL 33990

Phone: 239-573-4800
Fax: 239-573-4810

E-mail: wellness@leememorial.org
Website: www.LeeMemorial.org/wellness



Member Notices . . .



Wednesday, May 13

Invite your friends to join you for a Zumba class, a swim in the pool or a walk on the wild side (that'd be a treadmill!). Let them in on your secret to a healthy lifestyle.

Exercise Classes are a FUN way to Strengthen Bones!

www.leememorial.org/wellness/groupeexercise.asp



The original barbell class that strengthens your entire body, including bones! All major muscle groups will be challenged using best weight-room exercises like squats, presses, curls & lifts.



Energizing step workout that makes you feel liberated and alive. Cardio blocks push fat burning systems into high gear followed by muscle conditioning that shapes and tones your body.

Fruit Smoothies and Fruit Parfaits Add Calcium to Your Diet

Have it Your Way Smoothie (serves 1)

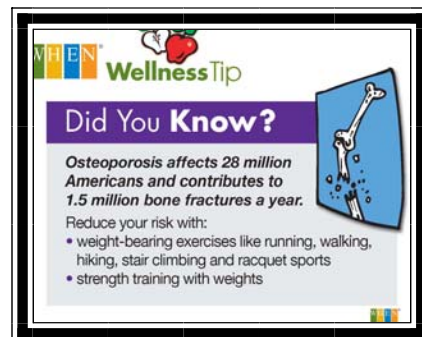
1 cup unsweetened frozen raspberries or frozen fruit of your choice

1/2 cup 100% orange or pineapple juice

3/4 cup fruit flavored low-fat yogurt

Blend all ingredients well in a blender. Use a calcium-fortified juice to add extra calcium.

Fantastic Fruit Parfait: Layer yogurt, low-fat granola and fruit in whatever proportions you like in a clear coffee mug. Add some nuts and you've included a 4th food group! A sprig of mint adds a touch of class.



Osteoporosis (continued from front)

or fractures in their later years, your likelihood for developing the disease is increased. Caucasians and Asians have a greater risk than people of African heritage.

Body Type: People who are small-boned or thin are more susceptible to osteoporosis. Being overweight also increases stress on our bones and can contribute to fractures, including compression fractures of the spine.

Diet: Low calcium intake as a child reduces peak bone mass. Diets low in calcium during adulthood affect bone remodeling. Eating disorders such as anorexia nervosa or bulimia can reduce calcium absorption, as well as alter sex hormone levels and increase osteoporosis risk. Smoking, alcohol intake, poor nutrition, too much caffeine and colas contrib-

ute to bone breakdown. In Florida it's easy to become dehydrated, so drink plenty of water.

Vitamin D: People who grow up in climates where sunlight is limited for part of the year may have low peak bone mass as a result of vitamin D deficiency. Sunlight allows your body to produce vitamin D, required for calcium absorption. During adulthood, safe exposure to sun, or taking vitamin D, remains important for healthy bone maintenance.

Exercise: A sedentary lifestyle at any age contributes to the development of osteoporosis because bone requires stress/load to become and remain strong. It's the "use it or lose it" theory.

Prevention: Avoid smoking, reduce alcohol intake, ensure adequate amounts of vitamin D and calcium, discuss with

your doctor medications that may increase bone loss. Increase activity level and weight bearing exercises, but do so safely. See our exercise specialists for guidance on an effective and safe program for your individual needs.

Osteoporosis is not a disease to be taken lightly. Fractures can affect health and quality of life. If you are at risk, talk to your doctor about getting tested for osteoporosis. Be sure to ask about the various treatment options including exercise, diet and medications that can prevent or delay fractures.

By Amy Babb, Doctor Physical Therapy, LMHS Spine Center Coordinator

Memorial Weekend Hours:

Saturday, May 23: Open 7 am-5 pm

Sunday, May 24: Open 7 am-5 pm

Monday, May 25: Closed for Memorial Day

