

WHAT IS OSTEOPOROSIS?



Osteoporosis is the thinning of bone tissue and loss of bone density over time.

The leading causes of osteoporosis are a drop in estrogen in women at the time of menopause and a drop in testosterone in men. Women over age 50 and men over age 70 have a higher risk for osteoporosis.

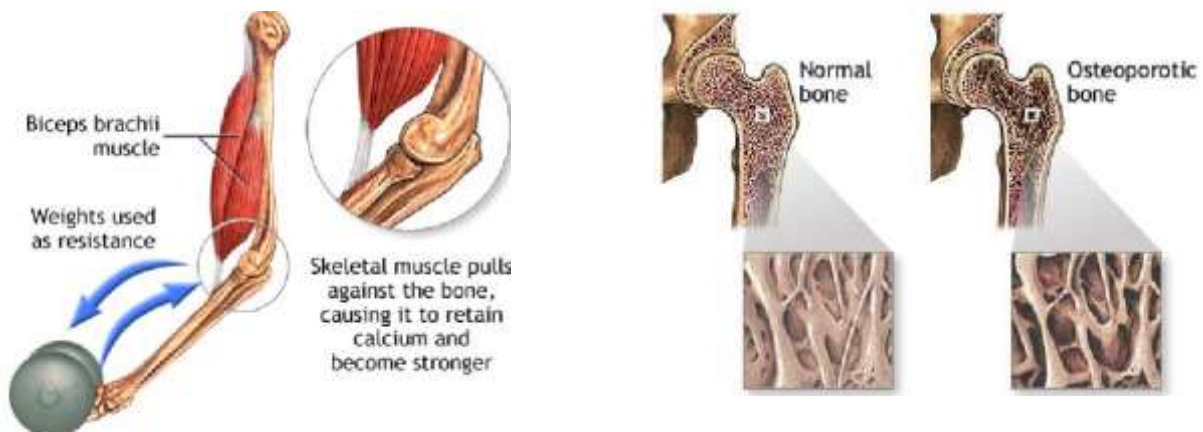
Osteoporosis occurs when the body fails to form enough new bone; when too much old bone is reabsorbed by the body, or both.

Calcium and phosphate are two minerals that are essential for normal bone formation. Throughout youth, your body uses these minerals to produce bones. If you do not get enough calcium, or if your body does not absorb enough calcium from the diet, bone production and bone tissues may suffer.

As you age, calcium and phosphate may be reabsorbed back into the body from the bones, which makes the bone tissue weaker. This can result in brittle, fragile bones that are more prone to fractures, even without injury.

A diet rich in calcium and regular weight based exercise throughout life (especially childhood and adolescence) decreases the risk of osteoporosis in later years.

People with existing osteoporosis can also benefit from exercise. A sedentary lifestyle encourages loss of bone mass. Exercising regularly decreases the rate of bone loss, and conserves remaining bone tissue, reducing the risk of fractures.



Exercise:

Weight-bearing—walking, jogging, playing tennis, dancing

Resistance—free weights, weight machines, stretch bands

Balance— tai chi, yoga

Riding a stationary bicycle

Using **rowing** machines

High Calcium Foods include:

Cheese

Ice Cream

Leafy green vegetables

Low-fat milk

Salmon

Sardines (with the bones)

Tofu

Yoghurt