



# BACK DOOR READING FROM YOUR HEALTH MINISTRIES

## OSTEOPOROSIS



Osteo =  
Bone



Por= porous

Osis= disease



Calcium Recommendations (mg/day)	
Adolescents/ young adults	1200-1500
25-50 years	1000
50-65 (taking estrogen)	1000
50-65 (not taking estrogen)	1500
>65	1500
Pregnant or nursing	1200-1500

### MYTH: Men can't get osteoporosis

## **FALSE!!!**

Men usually enter their later years with more bone density than women, but lose bone at the same rate.



### Calcium Supplements

Calcium carbonate:

- Harder to digest
- Requires acid for absorption
- More elemental calcium

Calcium citrate:

- Does not require acid
- Less elemental calcium

**Rx** Today there are medications that actually increase bone density.

### Recommendations:

- Take calcium carbonate with meals or orange juice.
- Take only 500 mg of calcium at a time.
- Drop a tablet in a small amount of vinegar. If it is not completely dissolved in 30 minutes, switch brands.
- Engage in weight-bearing exercise on a regular basis (for instance, sign up for the Walk to Bethlehem)
- Get a bone scan by age 60 to assess bone density.
- Include at least 400IU of Vitamin D daily

