

# WHEENK! HEALTH

## OSTEOPOROSIS

REVERSE, TREAT AND PREVENT IT

### WHAT - ME, WORRY?

OSTEOPOROSIS IS A MAJOR PUBLIC HEALTH THREAT. ONE OUT OF EVERY TWO WOMEN AND ONE IN FOUR MEN OVER 50 WILL HAVE AN OSTEOPOROSIS-RELATED FRACTURE IN THEIR LIFETIME. AS YOU CAN SEE IT IS NOT JUST FOR WOMEN ANYMORE. MORE THAN 2 MILLION AMERICAN MEN SUFFER FROM OSTEOPOROSIS, AND MILLIONS MORE ARE AT RISK. EACH YEAR, 80,000 MEN SUFFER A HIP FRACTURE AND ONE-THIRD OF THESE MEN DIE WITHIN A YEAR. A STAGGERING NUMBER CONSIDERING IT IS A TREATABLE/REVERSIBLE DISEASE.

### WE ARE WHAT WE EAT

THE FOODS WE EAT CONTAIN A VARIETY OF VITAMINS, MINERALS, AND OTHER IMPORTANT NUTRIENTS THAT HELP KEEP OUR BODIES HEALTHY. ALL OF THESE NUTRIENTS ARE NEEDED IN A BALANCED PROPORTION. IN PARTICULAR, CALCIUM AND VITAMIN D ARE NEEDED FOR STRONG BONES AS WELL AS FOR YOUR HEART, MUSCLES, AND NERVES TO FUNCTION PROPERLY. ADULTS NEED 1200 MG OF CALCIUM DAILY. FOODS SUCH AS SKIM MILK, GREEN LEAFY VEGETABLES (BROCCOLI, SPINACH, GREEN BEANS, ETC.), SARDINES AND BEETS ARE GREAT WAYS TO FEED OUR BODIES CALCIUM.

### WE'RE GOING TO PUMP YOU UP

LIKE MUSCLE, BONE IS LIVING TISSUE THAT RESPONDS TO EXERCISE BY BECOMING STRONGER. WE BUILD UP BONE MASS UNTIL ABOUT AGE 30 THEN WE START LOSING BONE MASS. THE BEST EXERCISE FOR OUR BONES IS WEIGHT-BEARING EXERCISE. THIS IS EXERCISE THAT FORCES US TO WORK AGAINST GRAVITY, SUCH AS WALKING, HIKING, JOGGING, STAIR CLIMBING, TENNIS AND WEIGHT TRAINING. EVEN 20 MINUTES OF WALKING 3 TIMES A WEEK SIGNIFICANTLY DECREASES BONE LOSS.

### CAN'T BREAK MY BONES

OSTEOPOROSIS IS A REVERSIBLE DISEASE. A COMPREHENSIVE OSTEOPOROSIS TREATMENT PROGRAM INCLUDES A FOCUS ON PROPER NUTRITION, EXERCISE, AND SAFETY ISSUES TO PREVENT FALLS THAT MAY RESULT IN FRACTURES. IN ADDITION, A PHYSICIAN MAY PRESCRIBE A MEDICATION TO SLOW OR STOP BONE LOSS, INCREASE BONE DENSITY, AND REDUCE FRACTURE RISK. IF YOU NEED ASSISTANCE WITH YOUR EXERCISE PROGRAM OR NEED TO DISCUSS FALL PREVENTION, CONTACT WHEENK! PHYSICAL THERAPY AT 949-498-8312.

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