

OSTEOPOROSIS

By Dr.'s Boyd & Cindy Williams

Osteoporosis is a condition characterized by a decline in bone density and thinning of bone tissue, resulting in weak bones prone to fractures. Normally our bodies continually replace old bone tissue with new. After about age 35, this process begins to decrease, so bone mass begins to decrease in both men and women. This is a natural part of aging.

Osteoporosis is an exaggerated version of this age related bone loss. The U.S. Department of Health and Human Services estimates that over 20 million Americans are affected by osteoporosis. The National Institute of Health reports it affects at least 15 million Americans and is responsible for causing 1.2 million fractures.

The three most important factors related to bone loss are nutrition, exercise and declining hormones. Exercise is beneficial for maintaining healthy bones. The force of weight bearing exercises such as walking, jogging and dancing helps promote bone growth. One study found that woman who walked four times a week for 50 minutes increased their spinal bone mass by five percent in one year! Non-exercisers lose bone mass at a rate of seven percent per year.

Nutrition related bone loss is caused by chronic dietary deficiencies in calcium, magnesium, boron, vitamin C and D, and protein. Absorption of the nutrients becomes inefficient as you age and are not easily obtained in our diet. High protein consumption and the use of carbonated beverages accelerate bone density loss. Much traditional advice given to help improve bone strength, like drinking milk and taking antacids is flawed, and does not help this problem. In addition, specific bone building factors such as hydroxyapatite have strong documentation to significantly regenerate bone. The loss of estrogen in postmenopausal women causes bone resorption to increase and bone formation to decrease. In many cases, this is the only reason some women choose the risks of estrogen replacement therapy. For information on the prevention and treatment of osteoporosis, please call for a complimentary consultation.

For more information on this or other health topics, including information about our services, go to www.creatingfamilywellness.com or call us at 507-281-4878.