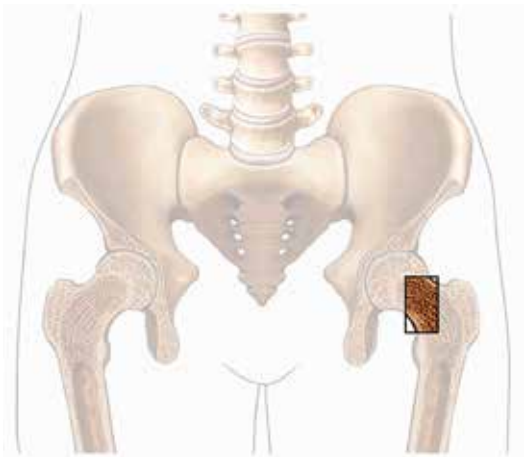


# What Can I Do for My Bone Health?

## Steps for Strong & Healthy Bones



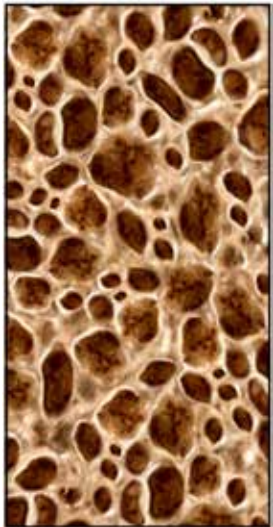
## Bone section through hip



**Normal bone**



**Osteoporosis**



## **What is osteoporosis?**

It is normal for bones to get weaker with age. Knowing how strong your bones are lets your health care provider help you to make your bones healthy.

Your bones have holes or spaces in them, which is normal. Osteoporosis is when these holes get bigger. This means a person's bones get thinner, weaker and can break easily.

Most people do not know they have osteoporosis because they cannot feel their bones getting weaker. Often the only sign is breaking a bone. This can cause pain. Most often, people with osteoporosis break bones in their back (spine), wrist, hip or arm. If you break a hip, you may need help to walk.

## What is a T-score?

A DXA scan is also known as a Bone Mineral Density (BMD) test. A DXA scan is a test that shows your doctor how dense, or solid, your bones are. Your results are a T-score.

A T-score tells you how much your bone density compares to the bones of a healthy 30-year-old. At age 30, our bones are the strongest. The letter that came with this brochure has your T-score.

<b>T-score range</b>	<b>Category</b>
-1 and above	Normal Bone Density
Between -1 and -2.5	Low Bone Density
-2.5 and below	Osteoporosis

# Improve Your Bone Health in 5 Steps!

## STEP ONE

**Call your health care provider today and make an appointment!**

Take your letter and this brochure with you.  
If you think of any questions jot them down here.

A yellow notepad with a spiral binding on the left side and horizontal ruling lines. The notepad is positioned below the text, providing a space for the user to jot down questions.



## STEP TWO

# Get the right amounts of calcium and vitamin D

## Calcium

You need 1,200–1,500 mg daily. You can get this from food, pills or both.

## Calcium-rich foods

Food	Serving Size	Calcium (mg per serving)
<b>Milk</b> (cow and soy)	1 cup (8 oz.)	300 -325
<b>Ice Cream</b>	1/2 cup (4 oz.)	150
<b>Yogurt</b>	1 cup (8 oz.)	400
<b>Cheese</b>	1-2 slices (1 oz.)	200
<b>Fruit juice or cereal with added calcium</b>	3/4 cup for juice 1 cup for cereal	300 or more (read label)

## STEP TWO

# 2

## Get the right amounts of calcium and vitamin D

### Vitamin D

You need 800—1,000 IU daily. You can also get this from food, pills, the sun, or all three combined.

### Vitamin D-rich foods

Food	Serving Size	Vitamin D (IU per serving)
<b>Salmon</b>	3.5 oz.	360
<b>Tuna fish</b> (canned)	1 can (4 oz.)	200
<b>Milk</b>	1 cup (8 oz.)	100
<b>Orange juice</b>	1 cup (8 oz.)	100





## STEP TWO

# 2

## Get the right amounts of calcium and vitamin D

### What if I can't eat dairy or don't like it?

When you are shopping, look for foods marked "Added Calcium" or "Calcium Fortified". Some examples are bread, cereals, pastas and drinks.

Think about the calcium-rich foods you eat during a typical day and write them down. Share the list with your health care provider so he/she knows how much calcium you are getting from your diet.

Include foods from the list above plus any marked "Added Calcium"

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

If you cannot get the right amount of calcium and vitamin D from your diet, talk to your health care provider about your need for supplements. Remember, before taking any supplements, vitamins or medicine, talk to your doctor.



## Supplements

Many calcium pills have 500-600mg of calcium and 400-500 IU of vitamin D per serving (typically 1 serving=2 pills).

Talk to your doctor or pharmacist to see if you need calcium pills. Read the labels on the bottle to make sure you are getting the right amount.

Your body can only take in 600mg or less at one time. If you need all 1,200mg from pills, take 1 serving with breakfast and 1 serving with dinner.

## Medications

There are medicines that can help make bones stronger. Most people with osteoporosis need medicine. If your letter says you have osteoporosis or your risk of breaking a bone is more than 20%, ask your health care provider if you need medicine to help your bones.

If you are already taking one of these medicines, talk to your doctor about your need to continue taking it.

You still need calcium and vitamin D even if you are taking a medicine for osteoporosis.



## STEP THREE

# Move your body!

Your bones get stronger when you make them work. Here are some activities to help build your bones and keep them strong. Do any of these at least 30 minutes a day, five days a week. You can break these into ten minute sessions.

### Weight-bearing exercises

- Walking/Hiking
- Aerobics
- Golfing
- Tennis
- Stair climbing
- Dancing
- Yard work/Gardening

### Muscle-strengthening exercises

- Lifting weights  
(even heavy items like soup cans or milk jugs)
- Using resistance bands
- Lifting your own body weight  
(like push-ups or crunches)
- Yoga
- Pilates

\* To avoid injury, it is important to check with your health care provider before starting a new exercise program.

## STEP THREE

### Move your body!

**It can be hard to think about how to fit activity into your life. Doing just 5 minutes of activity at different times in the day is a great way to start. Here are some ideas:**

- Park your car farther away and walk.
- Take the stairs instead of an elevator.
- During a commercial break, walk around the living room or lift heavy soup cans.

#### **Activity can be fun too!**

- Play sports with your friends:  
Some examples are tennis, bowling or golf.
- Go dancing!
- Take an aerobics or yoga class at your local recreation center.

**What are some other ideas you have? Share these with your health care provider.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



## STEP THREE

# 3

## Move your body!

### Falls

When you move your body, try to avoid falls. A fall can lead to a broken bone. Here are some things you can do to keep yourself from falling.

#### Inside your home:

- Remove loose cords and throw rugs.
- Keep floors clutter-free.
- Use handrails and keep stairs well lit.
- Keep a flashlight near your bed.
- Put rubber mats in bathtub and on porch steps.

#### Outside your home:

- Wear shoes with rubber soles.
- Use a backpack or fanny pack to have your hands free.
- Watch for slippery floors or steps.
- Look out for curbs and cracks.
- Don't walk outdoors in icy weather.





## STEP FOUR

### **Say no to tobacco**

**Smoking can cause bone loss.  
Think about quitting.**

For help call 1-800-QUIT NOW (784-8669)

## STEP FIVE

### **Avoid too much alcohol**

**Alcohol can weaken your bones.  
One drink a day is fine, but 3 or more  
drinks per day is too much.**

**REMEMBER...**



**To protect your bones from injury**

Get enough Calcium,  
Vitamin D & Activity



PAADRN

**For more information:**

Talk to your health care provider.  
Remember to bring this brochure  
and your letter to your appointment.

*You can visit these websites too.*



**National Institutes of Health**

[www.bone.nih.gov](http://www.bone.nih.gov)  
800-624-BONE



**National Osteoporosis Foundation**

[www.nof.org](http://www.nof.org)  
800-231-4222