



FIGHTING OSTEOPOROSIS

Mission:

We at West U Wellness are committed to serving people who want a natural, higher quality of life for themselves and their families. We acknowledge that physical, chemical, and particularly emotional stress has devastating effects on the nervous system. Chiropractic adjustments remove this nervous system interference. Therefore, we go to extraordinary measures in educating society about the benefits of chiropractic care for optimal health.

What is Osteoporosis?

Osteoporosis, a condition of accelerated loss of bone, is a major health problem in North America and is responsible for well over one million bone fractures each year. More women die from the complications of these fractures annually than from the combined deaths resulting from breast and cervical cancer.

Some bone loss seems to be a normal part of aging, but in some individuals excessive loss can result in a dramatic increase in fractures and deformities of the spine and limbs. It is estimated that as many as 15% of all women in the US have sufficient bone loss to increase their risk for bone fractures late in life. This is also true for an increasing number of men.

Here are some facts regarding Osteoporosis:

- A woman will typically lose 50% of her bone mass during her lifetime.
- 1 of every 3 women will have a hip fracture in extreme old age.
- Middle-aged and elderly women intake only 550mg of calcium per day.
- Women with osteoporosis intake even less. Calcium requirements are 1000mg/day for premenopausal women and 1200mg/day for postmenopausal women since:
 - (1) Middle-aged women cannot achieve Calcium balances at intakes of less than 1000mg/day.

- (2) Calcium absorption efficiency drops with age. Five factors determine the risk of developing osteoporosis:
 - a. Age
 - b. Initial bone density
 - c. Bioavailability of Calcium consumed
 - d. If you have already experienced menopause
 - e. Various sporadic factors such as: low weight, alcohol intake & smoking

The most effective treatment for the prevention of osteoporosis is:

- (1) A complete Calcium/Magnesium source
- (2) 400 IU of Vitamin D
- (3) Regular weight bearing exercises
- (4) Early detection bone density scans starting in the early 30s'.

Is dietary Calcium the answer?

Yes, however not all sources of Calcium offer equal protection. Calcium carbonate is widely sold in many products; however, it is not absorbed well by the body and thus offers little Calcium. No doubt you've seen advertisements suggesting you take Tums "for the Calcium you need". Tums is an antacid that contains Calcium carbonate. Ironically, when the normal acid secreted in your stomach is neutralized, Calcium is very poorly absorbed. The digestion and absorption of other nutrients is also impaired. In fact, high intakes of Calcium carbonate may lead to other disorders through



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negative effects on the metabolism of other nutrients.

Calcium citrate, gluconate, lactonate, or chelate are the best sources of Calcium; however, they may also be more expensive. If you are past menopause or enjoying your golden years, it is recommended you take 1200mg/day of Calcium. You need only take 1000mg/day if you are taking hormone replacement medication. The best form of Calcium is that obtained from natural food sources such as green leafy vegetables, like broccoli, or dairy products. Milk is a good source of Calcium, but many people have developed an allergy towards milk. So, milk isn't for everyone so other alternatives have to be used.

Who may benefit from Calcium/Magnesium supplementation?

Everyone realizes that Calcium has a lot to do with bone strength, but Calcium is not the only thing that your bones need to be strong and healthy. Recent food surveys demonstrate a majority of North American men, women and children fail to consume adequate amounts of certain minerals including Calcium, Magnesium, Iron, Zinc, Copper and Manganese. Also both Vitamin D and Vitamin C are necessary for strong bones. Considering the important role these minerals and vitamins play in building and maintaining strong and healthy bones, proper bone nourishment is essential for all North Americans.

Please consult Dr. Caroline Long, D.C. if you have any other nutrition-related questions.

Recommendations for promoting optimal bone health:

Reduce excessive protein and fat intake, and eliminate junk food from your diet. Avoid excess alcohol consumption. Increase intake of green, leafy vegetables, seeds, and whole, fresh foods. Avoid Aluminum cookware and Aluminum-containing antacids. Exercise regularly. Take a high quality Calcium/Magnesium supplement to provide excellent bone nourishment. Don't smoke.

Regular exercise is important!

Weight bearing exercises also aid in the reduction of bone loss. The best exercises for strengthening bones includes brisk walking, strength training, stair climbing, hiking and dancing. Although swimming and cycling are good aerobic exercises they put less weight on the bones, and therefore do less to increase skeletal mass.

Early detection is the best prevention!

Bone density scans starting in the early 30s' age range is an individual's best chance of preventing the onset of Osteoporosis.

How can Chiropractic help reduce Osteoporosis?

Ask us today!

Fit for Life Program

**High cholesterol? Rising blood pressure or blood sugar?
Gaining weight? Lack of energy and activity?**

Join West U Wellness' 8-week doctor-supported "Fit for Life" program!

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Each week you will meet at our clinic to take measurements such as cholesterol, blood pressure, blood glucose, height, weight and body fat. You will be given proven exercises, equipment, and nutritional advice to help you achieve your ideal body weight. A personal trainer will lead the exercises and participants may be eligible for a one-month free pass to 24 Hour Fitness. As a bonus, you can join our West U Walking Club which will meet three times a week. A great deal for only \$150.00!

**Only a few spaces remain for the next session so act now.
Call (713) 490-2225 to sign-up.**

West U Wellness hosts or participates in numerous events and activities each month. Included in these events are free health talks covering a different topic every **Tuesday at 6:00 PM** in West U Wellness. We believe these talks to be a means of allowing our patients to improve their lifestyles.

August Calendar of Events

1	2	3 Arthritis Health Talk	4	5	6	7 Nat'l Black Sisters' Conference
8	9	10 Isagenix Health Talk	11	12	13	14 West U Wellness Open
15	16	17 Osteoporosis Health Talk	18	19	20	21 Prevent Blindness Benefit
22	23	24 Headaches Health Talk*	25	26	27	28 Trinity Gardens Church Fair
29	30	31 Pregnancy Talk with Motherhood Center				

****Join us this coming Tuesday, August 24th at 6:00pm for ways to reduce
Headache/Migraine pains!***



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September Calendar of Events

			1	2	3	4
5	6	7 Childhood Illness Health Talk	8	9	10	11 West U Wellness Open
12	13	14 Exercise & Fitness Health Talk	15 TSU Health Fair	16	17	18
19	20	21 Stress Management Health Talk w/ Pilates	22	23	24	25 West U Wellness Open
26	27	28 TMJ Health Talk w/ Dr. Howes, DDS	29	30		

Dr. Sherman Yeager & Dr. Caroline Long are available to give free “stress management” lectures to a variety of groups. If you would like us to speak at your company or have us come to offer free spinal screenings at your place of work, your school or your church, please contact our office at (713) 490-2225.