Wellness REVIEW

Are you at risk for Osteoporosis?

DO YOU KNOW SOMEONE WITH OSTEOPOROSIS?

It wasn't that long ago that age-related bone degeneration and subsequent loss of height, due to osteoporosis was accepted as a normal part of ageing. Elderly folk with stooped backs and brittle bones suffered from falls, which left them incapacitated due to broken bones. This story isn't only historical though as even in Australia today it is estimated that 15% of women and 3% of men over the age of 50 suffer from osteoporosis.[1] Fortunately there is a great deal you can do to protect your bones and reduce the risk of osteoporosis affecting you.

WHAT IS OSTEOPOROSIS?

Osteoporosis occurs when there is a loss of calcium and other minerals from your bones, which undermines the normal bone structure and therefore strength. A reduction in mineral content is referred to as a loss of bone mineral density and results in porous, brittle bones that can be easily broken in a fall or merely carrying out everyday activities, such as lifting heavy shopping bags.

Osteoporosis is often called a 'silent disease' as there may be no indication that a loss of bone density is happening until a fracture occurs. However, it's not only broken bones that are of concern as reduced bone mineral density can also lead to significant pain, immobility and ultimately a loss of independence. So what can you do to maximise your bone density and reduce bone mineral losses?

HOW TO REDUCE THE RISK OF OSTEOPOROSIS?

During your growth years, calcium and other minerals from your diet form the foundation of strong healthy bones, with peak bone mass being achieved during your 20s. A lifelong diet rich in calcium incorporating dark green leafy vegetables, sardines, nuts and seeds, as well as dairy products all offer excellent sources of calcium. Getting sufficient vitamin D through moderate sun exposure, or supplementation, to support calcium absorption, along with regular weight bearing exercise that helps promote bone density all help create a solid foundation for skeletal health.

By your mid-30s bone mineral density begins to wane naturally, however poor lifestyle choices such as smoking and excessive alcohol intake, as well as the onset of menopause in women can all accelerate this process. At this time diet becomes even more essential to ensure you are obtaining sufficient calcium to keep your bones strong. However, obtaining your daily calcium needs through diet alone is not always achievable. Fortunately, you can help support bone mineral density by utilising a highly absorbable form of calcium. Your Practitioner will recommend calcium hydroxyapatite for this purpose.

WHY CALCIUM HYDROXYAPATITE?

Microcrystalline hydroxyapatite (MCHA) is nature's ready-made bone density kit. It is derived from whole bone and contains not only highly absorbable natural calcium but all the elements required for bone reconstruction in a protein-mineral complex. MCHA provides the two key minerals required to maintain bone density, calcium and phosphorus, in an ideal 2:1 ratio; whilst the 'pre-packaged' trace minerals in the matrix including zinc, boron, chromium, copper and iron, are found in the same physiological proportions as in healthy bones.

In addition to all the bone-building minerals, MCHA also contains specific proteins needed to 'cement' the minerals together such as collagen, growth factors and bone amino acids. As vitamins K and D play important roles in the regulation of calcium movement into and out of bone these form an important addition to any bone supporting formula. Last but not least, soy isoflavones help enhance bone reconstruction, particularly in postmenopausal women, making this ideal for women in particular.

CALCIUM FOR QUALITY OF LIFE

There is a great deal you can do to support your bones and help prevent osteoporosis, even if your bone mineral density has already started to decline. Speak to your Practitioner today about how calcium hydroxyapatite may help you to support the level of calcium in your bones so you can live a longer, stronger life.

Talk to your Practitioner about Osteoporosis today.