

OSTEOPOROSIS: KEEP YOUR BONES HEALTHY



Bone health is important at any age because bones support us, allow us to move, and protect our body's internal organs. Bones change continuously, our body has the capacity to generate new bone tissue, and the existing bone tissue gets worn out. Therefore, as we age, we reach our maximum bone density (around the age of 30). In other words, we lose slightly more bone density than we gain.

When we do not maintain healthy bones; there is the possibility of having weak bones and developing health conditions such as osteoporosis. Osteoporosis is a disease in which bones become fragile and more prone to fractures. On the other hand, if bone mass is low, but not low enough to be osteoporosis, it is known as osteopenia.

RISK FACTORS

There are several risk factors that can increase the likelihood that you will develop osteoporosis, such as:

- ✓ Age
- ✓ Race
- ✓ Lack of physical activity
- ✓ Medical treatments
- ✓ Gender
- ✓ Diet
- ✓ Existing health conditions
- ✓ Body size

However, you can take making changes in your life to keep bones healthy and strong.

Lead a healthy lifestyle

- Do not smoke or consume alcohol in excess.
- Keep your appointments and consult any concerns with your physicians.
- If you take medications, use them as recommended by your physician or pharmacist.

Be physically active

- Bones get stronger when we exercise. Exercise 30 minutes a day. The best exercises for bones are weight-bearing and strengthening exercises, such as walking, stair climbing, weight lifting, and dancing.

Have a bone densitometry test done

- A bone densitometry is a type of low-dose x-ray that measures calcium and other minerals in the bones. It is used to: diagnose osteopenia and/or osteoporosis, predict the risk of future fractures, and to see if treatment for osteoporosis is working.
- It is recommended for women over 65 and men over 70.

Maintain proper nutrition

- Eat a well-balanced diet rich in calcium and vitamin D.
- Your body needs calcium to keep your bones dense and strong.
- Vitamin D helps your body absorb calcium.

EXAMPLES OF FOODS

Calcium

milk, cheese, yogurt, green leafy vegetables (broccoli, kale), almonds, walnuts, sunflower seeds, dried legumes, salmon and sardines

Vitamin D

egg yolks, saltwater fish (tuna, salmon and mackerel), beef liver, mushrooms, milk and vitamin D-fortified juice

Calcium amounts are expressed in milligrams (mg) and vitamin D amounts are expressed in international units (IU). Recommendations for adults 51 years and older are:

✓ Women: 1,200 mg of calcium daily

✓ Men: 1,000 mg of calcium daily

✓ Men and women: 800 to 1,000 IU of vitamin D daily.

Ask your physician what is the ideal amount for you. If you have a vitamin D deficiency, you may need larger amounts of vitamin D supplementation. However, too much calcium or vitamin D can increase the risk of kidney stones.

SAFETY AT ALL TIMES

Falls can cause bone fractures, especially if you have osteoporosis. The good news is that most falls can be prevented. How?

- ✓ Exercise to improve balance and coordination.
- ✓ Check your home for hazards such as wrinkled or loose rugs and poor lighting. Place grab bars in the bathroom, near the toilet and inside the shower or bathtub. Keep cords in your home secure to prevent tripping.
- ✓ Notify your physician if you have symptoms such as dizziness, loss of balance, drowsiness, blurred vision, hearing problems, pain or weakness in your legs or feet.
- ✓ When taking any medication, read its label and check if it has any side effects that may make you prone to a fall; for example, "may cause drowsiness."
- ✓ Wear comfortable and safe shoes, preferably closed-toed and rubber-soled so they do not slip. Avoid walking in socks or flip-flops.
- ✓ If you have been advised to use a cane, crutches, or walker, you should always use them.
- ✓ When you wake up, before getting out of bed, sit up first for a few minutes. This is to prevent your blood pressure from dropping, causing you to feel dizzy and fall.
- ✓ Always use the handrail when going down stairs.

References:

<https://www.bones.nih.gov/health-info/bone/espanol/salud-hueso/bone-health-for-life-espanol#4>
<https://medlineplus.gov/spanish/ency/patientinstructions/000506.htm>
<https://www.nia.nih.gov/espanol/prevenga-caidas-fracturas>

Complete Health **MCS** Classicare (HMO)

MCS Classicare is an HMO plan subscribed by MCS Advantage, Inc. H5577_11621222_C

www.mcsclassicare.com

[f](#) [t](#) [in](#) [y](#) @MCSPuertoRico