

# The Wellness Express™



Jump on the train to good health

Issue 3, March 2014

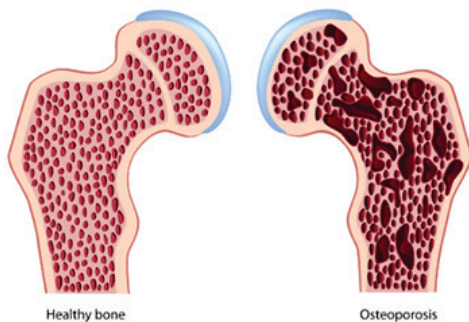
## Osteopenia and Osteoporosis

Presented by: Total Health Systems

TotalHealthSystems.com

### Introduction

Osteopenia is defined as bone mineral density that is lower than normal but not low enough to be classified as osteoporosis, although it places you at risk for osteoporosis. Osteoporosis literally means porous bone in Latin and is considered a disease in which bones become extremely porous, subjecting them to fracture and slow healing.

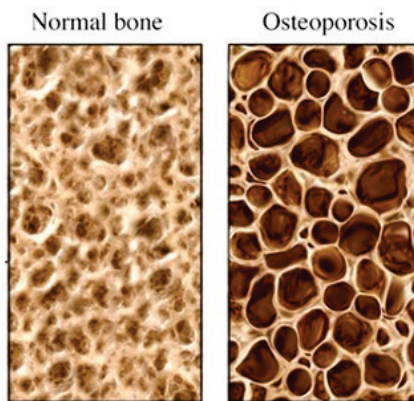


Bone is a very dynamic tissue and is constantly remodeled throughout our lives. Calcium and other minerals leave bone and are added to bone in a constant way. A variety of factors are involved in the ratio of bone resorption (loss) to bone formation.

Made of collagen, the protein that gives bone its framework, bone requires calcium phosphate, and other minerals for bone formation, and it needs Vitamin D to enable bone formation to occur.

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In our culture, we tend to lose more bone (resorption) than we replace as we age.



With women in particular, there is a profound change in bone density in the 5 to 7 years after menopause. Unfortunately, there are no symptoms of this bone loss until it is serious enough to cause a fracture of a bone or back pain due to compression fractures that create abnormal curves. The most common place for a fracture to occur includes the hip, spine or wrist.

Your chiropractor can help you determine if you are at risk for bone loss through x-rays and bone density testing as early detection is the key to good bone health. Fortunately there are still chiropractic methods for treating those with bone loss through modifying the treatment to suit your specific condition. By using a non-surgical

### Exercise of the Week

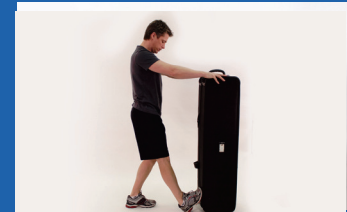
#### Calf Stretch, Variation 3

Difficulty: Easy

*(Consult your chiropractor before doing this or any other exercise.)*

**Start:** Standing in front of a stable object, or wall. Place hands in a position to help with balance (image 1).

**Exercise:** Place foot where object and floor meet, keeping heel on floor and toes up on object/wall (image 2). Keep knee straight to focus on gastrocnemius muscle, and bend knee to focus more on soleus muscle. Bring hips forward, pushing with other foot, until you feel a good stretch behind lower leg. Hold for 30-60 seconds. Switch sides, and repeat 2X per side.



hands-on approach to treatment chiropractors can help prevent osteoporosis from becoming worse or treat an osteoporosis-related injury.

About 80% of Americans with osteoporosis are women (44 million) and more than 50% of women over the age of 50 will have an osteoporotic related bone fracture in their lifetime. More than 1.5 million osteoporosis related fractures occur each year.

## Risk Factors

Risk factors for osteoporosis you can't control include:

- Heredity – especially small-framed, thin women
- Ethnicity - osteoporosis is more common in Caucasians and Asians (Hispanics and African-Americans have lower risk)

Risk factors for osteoporosis that you can manage proactively through diet/proactive testing of vitamin/mineral levels, nutritional supplementation and exercise:

- Type 1 diabetes
- Rheumatoid arthritis
- IBD (inflammatory bowel disease)
- Hormonal disorders
- Peri-menopausal, menopausal and post-menopausal symptoms
- Use of corticosteroids and anti-inflammatory drugs

Risk factors for osteoporosis that you can control or eliminate:

- Smoking
- Inactive lifestyle
- Excess drinking
- Eating disorders (anorexia or bulimia)

## Treatments:

Traditional medical treatment for Osteopenia involves hormone replacement therapy, which may raise your risk of breast cancer, blood clots, heart and stroke issues. Bone density can be improved through weight bearing exercises which your chiropractor can advise you about. Just walking 3-5 miles a week can also improve bone density immeasurably. Dancing, Tai Chi, gardening and golf are all good forms of exercise for all ages. What ever you decide to do – keep active to ensure you stay healthy and mobile as you age.

Perhaps your diet needs changing to include bone building foods. Include milk, yoghurt, cheese, sardines, salmon, tuna, herring, green leafy vegetables, and any foods fortified with calcium and Vitamin D in your diet. Avoid foods that deplete calcium. These include sodium containing foods such as canned soup and processed meat, caffeine and heavy alcohol consumption. The phosphates in soda are also known to leach calcium from your body.

Calcium citrate and lactate supplements and Vitamin D supplements are beneficial. Approximately 70% of Americans are Vitamin D deficient. Vitamin D aids the absorption of calcium and is critical for bone strength.

Take control of your bone health today! Ask your chiropractor what you should be doing to prevent these bone diseases!

## Quote to Inspire

*"To succeed in life, you need three things: a wishbone, a backbone and a funny bone."*

*Reba McEntire*

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