

## Reduce the risk

What can you do now to start reducing your risk of osteoporosis?

- Talk to your chiropractor today about performing a lifestyle and risk analysis.
- Begin a program of spinal and lifestyle care as recommended by your chiropractor.
- Avoid the risk factors and bone calcium thieves as discussed in this brochure.
- Begin an exercise program with weight bearing activities and the use of light weights. Seek the professional advice of a gymnasium or personal trainer.
- Eat a healthy, well balanced diet full of foods from all groups with an emphasis on those containing high and moderate amounts of dietary calcium.
- A calcium supplement may be beneficial. For optimum absorption, make sure it has vitamin D included in it. Magnesium supplementation in small amounts can help retain calcium in your bones but may stop you absorbing as much calcium from your gut. Therefore, take only the minimum recommended dose of magnesium.

## Diet is important

### FOOD SOURCES OF CALCIUM

- **Dairy Foods:** Most are high in calcium, especially the harder cheeses and ricotta cheese, milk and yoghurt.
- **Beans:** Soybeans and other beans are a good source of calcium.
- **Nuts and Seeds:** Including almonds, hazelnuts and sesame seeds.
- **Vegetables:** Green leafy vegetables such as spinach, kale, broccoli, collards, and bok choy are modest sources of calcium.
- **Fruit:** Certain fruits including oranges and raisins contain modest amounts of calcium.
- **Meat, Poultry and Fish:** Most contain little or none except fish eaten with the bones — eg. canned salmon or sardines are a very good source.
- **Grains:** Unless they are enriched, they are not a very good source of calcium.



## Be informed about OSTEOPOROSIS



A community service initiative of the  
Chiropractors' Association of Australia (National) Ltd  
The peak body representing chiropractors



For more information  
1800 075 003  
[www.chiropractors.asn.au](http://www.chiropractors.asn.au)

## What is Osteoporosis?

Osteoporosis is not simply a disease of old age or a deficiency of calcium or oestrogen. Osteoporosis is a degenerative disease of Western culture.

Every second post-menopausal woman and every third elderly man will at some time sustain a fracture related to the condition.

Up to age 30, your genetics, exercise quantity and dietary calcium intake determine the peak bone mass you will attain. After age 30 bone density is gradually lost. Genetic factors at this stage have less influence and environmental factors become the most important aspects in preservation of your bone mass.

### DID YOU KNOW?

Calcium balance is determined by the concentration of calcium in your diet, the amount of calcium absorbed and the quantity of calcium excreted in the urine.

For any given bone density, the risk of fracture may rise 8–10 fold between the age of 45 and 80 years. Regular exercise helps guard against this.

Boron and vitamins K and C all promote bone health.

## The real bone calcium thieves

Calcium can be leached out of bones if we have too much of the following:

- Alcohol
- Anorexia
- Caffeine
- Corticosteroid medication
- Hormonal imbalance of parathyroid, thyroid, adrenal, ovaries, kidneys
- Excessive animal protein
- Excessive dietary fibre
- High salt intake
- History of dieting
- Hysterectomy with removal of ovaries
- Indoor existence; lack of Vitamin D
- Poor digestion
- Sedentary lifestyle
- Smoking

To understand osteoporosis we need to understand the nature of bones. Bone is living tissue which undergoes constant transformation. At any given moment in each of us, there are from 1 to 10 million sites where small segments of old bone are being dissolved and new bone is being laid down to replace it. A healthy, well functioning body will ensure healthy bone replacement. When more old bone is reabsorbed than new bone is laid down, osteoporosis occurs.

## How can chiropractors help?

Chiropractors can help you create a healthy body. With their safe and natural care to enhance your function and their ability to give you sound advice on dietary and exercise factors, they are optimally positioned to help you lead a life with the lowest potential for osteoporosis possible.



### EXERCISE HELPS TOO

The type of exercise is very important. If you have osteoporosis, avoid exercises that involve bending at the waist as this increases your risk of a spinal compression fracture. On the other hand, a series of weight bearing exercises (including workouts with weights) will be extremely beneficial to increase your bone density, even in women after menopause. Regular exercise decreases the risk of fractures both by protecting against bone loss and by reducing the risk of falling, through improved balance, coordination and mobility.