

Sample Diet

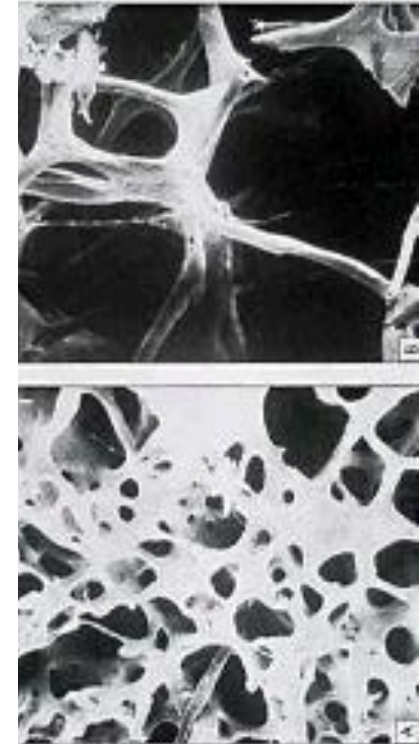
1 out of 2 women
older than 50 have
osteoporosis

1 out of 8 men
older than 50 have
osteoporosis

10 million people in
the USA qualify for
diagnosis

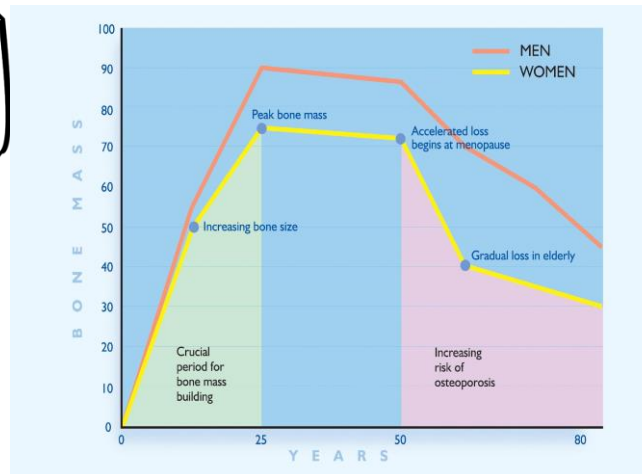
8.9 million
osteoporosis related
fractures happen every
year. **That means there
is one fracture every 3
seconds!**

Breakfast	1 cup milk
	1 cup oatmeal
	1 sliced banana
	1 TBSP brown sugar
Lunch	1 cup cooked pasta
	3 oz chicken breast
	1.5 oz cheese
	½ cup tomato sauce
	¼ cup diced onions
	1 slice garlic bread (with 2 tsp margarine)
Snack	1 cup yogurt
	1 cup raspberries
Dinner	1 cup mashed potatoes
	4 oz meatloaf
	½ cup gravy
	½ cup green peas
HS Snack	Chocolate Chip Cookie



OSTEOPOROSIS

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What is Osteoporosis?

Very Low Bone Mass Density

Bones usually are in a cycle of continuous and balanced bone breakdown (by osteoclasts) and bone buildup (by osteoblasts) in order to keep blood calcium constant. But, a person with osteoporosis is in a state where their bone is breaking down faster than it is building up. This is caused by many different factors:

- Age
- Low dietary calcium
- Low body estrogen
- Menopause/Amenorrhea
- Inflammation and cytokines
- Excess Parathyroid Hormone
- Drugs (glucocorticoids, loop diuretics, antacids, etc.)
- Malabsorption
- Polyuria
- Lactation

How Can I Prevent it?

- Eat 3 cups of dairy foods every day
- Be as physically active as possible
- Do weight bearing activity
- Do not smoke
- Men consume less than 2 drinks of alcohol per day, women consume 1 drink per day
- Try to get some sun exposure
- Maintain a healthy weight

Everybody loses bone density after about age 18-25, but building strong bones when you are young can help keep your BMD above unhealthy levels as you age!

Treatment Options

- Calcium and Vitamin D Supplementation
- Parathyroid Hormone Therapy
- Bisphosphonates
- Estrogen Therapy
- SERMS
- Calcitonin
- Hip Replacement

