

Why Having Strong Bones is So Important



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Bones Impact Your Health and Quality of Life

- Strong bones can make a difference between
 - Breaking or not breaking a bone
- Bone health plays a big role in
 - Healing after a fracture and surgery



Osteoporosis: Common in Older Adults

- Strong bones are dense inside and do not easily break
- Decreased bone density can occur with age or other factors
- Osteoporosis (porous bone)
 - Brittle, fragile bones
 - More likely to break
 - 54 percent of adults over age 50 have osteoporosis



Where Do Fractures Commonly Occur in Osteoporosis?

- Most common
 - Hip
 - Wrist
 - Spine (vertebrae)
- In the Feet
 - Metatarsal



Why You Need Strong Bones in Your Feet

- Can help prevent stress fractures
 - Hairline breaks
 - In metatarsals, heel, or elsewhere
- Aids in bone healing after foot procedures
 - Bunion surgery
 - Hammertoe surgery
 - Other procedures



Who Gets Osteoporosis?

- Most common in women over age 50
- Can occur in men



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Risk Factors for Osteoporosis

- Family history of osteoporosis
- Broken bone after age 50
- Caucasian or of Asian descent
- Small body frame



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Risk Factors for Osteoporosis

- Not enough calcium and/or vitamin D
- Smoking
- Kidney disease
- Excessive Alcohol Use
- Physically inactive
- Long-term use of certain medications



Osteopenia: A Warning Sign

- Loss of bone
- Also called low bone mass
- Can take action that may prevent osteoporosis



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Start With a Bone Density Test

- Detects how strong your bones are
- Determines whether you have osteoporosis or osteopenia
- Determines your risk of having a fracture



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Simple Steps to Prevent or Slow Bone Loss

- Diet and supplements
- Physical activity
- Avoid tobacco and alcohol use



Step 1: Get Enough Calcium and Vitamin D

- Men and women under age 50
 - 1,000 mg calcium; 400-800 IU vitamin D
- Women aged 51-70
 - 1,200 mg calcium; 400-800 IU vitamin D
- Men aged 51-70
 - 1,000 mg calcium; 400-800 IU vitamin D
- Men and women over age 70
 - 1,200 mg calcium; 800 IU vitamin D



Good Sources of Calcium and Vitamin D

- Calcium
 - Dairy, almond, broccoli, kale, canned salmon (with bones), sardines, soy products (tofu, etc.)
- Vitamin D
 - Salmon, trout, tuna, mushrooms, eggs, fortified milk and cereals, sunlight



Step 2: Exercise Daily

- Exercise helps preserve bone density
- Weight-bearing exercise
 - Walking, climbing stairs, tennis, dancing, etc.
- Resistance exercise
 - Free weights, weight machines, stretch bands



Step 3: Avoid Smoking & Excessive Alcohol Use

- Smoking
 - Risk factor for osteoporosis
 - Decreases bone density
 - Negatively affects healing after a fracture or surgery
- Excessive alcohol use
 - Risk factor for osteoporosis
 - Women: No more than 1 drink a day
 - Men: No more than 2 drinks a day



Medications to Treat Bone Loss

- Several different medications available
- Talk with your primary care physician



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Be Aware of Signs of a Bone Fracture

- Symptoms of fracture in your foot
 - Pain, swelling, redness, bruising
- Foot and ankle surgeon will diagnose and treat



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Put Yourself on the Path to Healthy Bones



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You Can Be Effective in Caring for Your Feet

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