



# Osteoporosis

*Osteoporosis is a gradual loss of bone tissue or bone density resulting in bones becoming so fragile they can break under the slightest strain.*

Source: The National Institutes of Health Osteoporosis and Related Bone Diseases, August 2005.

## Risk Factors for Osteoporosis

- Over the age of 65.
- Previous fracture.
- Family history of osteoporosis.
- Long-term use of steroids.
- Medical conditions such as Celiac, Crohn's disease.
- Thin or small bones.
- Early menopause.
- Vitamin D deficiency.
- Cigarette smoking.
- Too much caffeine or alcohol intake.
- Low calcium diet.
- Low physical activity.
- Being past menopause.

Source: Public Health Agency of Canada and Health Canada, 2007.

## How to Prevent or Reduce Bone Loss

### Get enough calcium from food

As our body ages, it does not absorb calcium as well. Therefore, it is important to eat calcium-rich foods and/or take a calcium supplement if required.

### Get enough vitamin D

Vitamin D helps your body absorb calcium and you can get it from sunlight or foods rich in vitamin D. For people over the age of 50, the new Canada's Food Guide recommends taking a 400IU vitamin D supplement in addition to eating the recommended number of Food Guide servings.



## Recommendation for Calcium and Vitamin D (1)

Age (male or female)	Calcium (mg)	Vitamin D (IU)
19-50	1000	200
51-70	1200	400
71 and up	1200	600

(1) People who are at risk of, or have been diagnosed with, osteoporosis should check with their doctors for appropriate calcium and Vitamin D levels.

Source: Health Canada, 2007; and BC HealthFiles, Nutrition Series – Number 68e, June 2007.

## Be physically active each day

Keep bones strong and healthy with regular weight-bearing activities such as dancing, walking or hiking. Yoga, Tai Chi and swimming are flexible activities that help to reduce falls and prevent fractures.

## Avoid smoking

According to Health Canada, smokers have a faster bone loss resulting in a higher risk for fractures than non-smokers. Also women who smoke tend to enter menopause earlier and therefore are at an increased risk for more bone loss over a longer time period.

## Prevent falls

If you are at risk for or have osteoporosis, it is important to prevent falls from happening.

How to avoid falls:

- Wear comfortable non-slip shoes.
- Watch for uneven ground.
- Take your time.
- Keep home well lit and free of clutter.

## Some Examples of Common Food Sources of Calcium and Vitamin D

### Food sources of Vitamin D

1 cup milk	100 IU
1 cup fortified rice or soy beverage	80 IU
½ cup (125 ml) fortified orange juice	45 IU
2 tsp fortified margarine	51 IU
One egg yolk	25 IU
75 gm salmon, canned or cooked	608 IU
75 gm sardines, Atlantic, canned	70 IU
75 gm sardines, Pacific, canned	360 IU
75 gm tuna, canned light/white	41 IU
75 gm tuna, canned, yellow fin	105 IU

### Food Sources of Calcium

1 cup milk, whole, 2%, 1% skim	430 mg
¾ cup yogurt, plain	290 mg
¾ cup fruit-bottom yogurt	233 mg
1 cup fortified rice/soy beverage	319 mg
½ cup calcium-fortified orange juice	165 mg
Orange	52 mg
Pinto beans/chick peas	58 mg
Oats, instant, regular, no sugar added	165 mg
½ cup broccoli	33 mg
¼ cup almonds, dry roasted	93 mg
50 gm of cheddar cheese	370 mg

Source: BC Health Files, Nutrition Series – Number 68e, June 2007.



### Simcoe

P.O. Box 247, 12 Gilbertson Drive  
Simcoe, ON N3Y 4L1  
519.426.6170 / 905.318.6623

### Caledonia

282 Argyle Street South  
Caledonia, ON N3W 1K7  
905.318.5367

**Email:** [info@hnhu.org](mailto:info@hnhu.org)

**Web:** [www.hnhu.org](http://www.hnhu.org)