



Osteoporosis: Stop the “Silent Thief”

Osteoporosis is a potentially crippling disease named after the Latin for “porous bones”. It is a gradual breakdown of the bones that generally begins in mid-thirties and continues into old age. It is usually not diagnosed until the disease has progressed and you notice that your clothes don’t fit properly, or you fall and fracture your hip.

Osteoporosis is called the “silent thief” because bone loss occurs without symptoms.

True or False?

T / F Fractures from osteoporosis are more common than heart attack, stroke and breast cancer combined.

T / F At least one in three women and one in five men will suffer from an osteoporotic fracture during their lifetime.

Both are True!

Are you at risk?

In Canada, 1 in 4 women and 1 in 8 men over 50 years of age have osteoporosis. Many factors contribute to this disease. Do any of these apply to you?

- Age 65 or older
- Gender: more common in females
- Family history of osteoporosis and fractures
- Women: early menopause (before age 45)
- Women: low estrogen levels
- Men: low testosterone levels
- Fracture after age 40
- Other medical conditions: hyperparathyroidism, overactive thyroid, rheumatoid arthritis, celiac disease or Crohn’s disease
- Lifestyle factors: low Calcium intake, poor nutrition, smoking, low physical activity, excess alcohol, salt or caffeine intake

What can I do to minimize my risk?

- Exercise regularly. A healthy flow of blood and minerals throughout the body is essential for keeping bones strong. Consult your doctor before beginning any exercise program
- Get plenty of Calcium. It is essential for building strong bones.
- Get plenty of Vitamin D. Also known as the sunshine vitamin, it is important for proper Calcium absorption.

How much Calcium & Vitamin D should I take?

Age	Calcium daily requirement	Vitamin D daily requirement
4-8	1,000 mg	600 IU
9-18	1,300 mg	600 IU
19-50	1,000 mg	400-1,000 IU
Over 50	1,200 mg	800-2,000 IU

From Health Canada and 2010 Clinical Practice Guidelines for Diagnosis and Management of Osteoporosis in Canada.

How can I get enough Calcium & Vitamin D?

Calcium & Vitamin D can be found in many foods. The following organizations have informative food and nutrition listings:

Dietitians of Canada: www.dietitians.ca

Health Canada: www.hc-sc.gc.ca

If you are not getting enough Calcium & Vitamin D from your diet alone, your Remedy’sRx Pharmacist will gladly help find the best supplement for you based on your age, health and diet.

We hoped you enjoyed this month’s newsletter, compliments of Remedy’sRx, The Local Drug Store. Please see your Remedy’sRx Pharmacist for more information or to schedule a personalized medication review consultation.

The contents herein are for informational purposes only. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. To keep your personally identifiable information accurate, current, and complete, please contact us by emailing the webmaster at wendy@remedys.ca. To opt out of our service, please send an email to wendy@remedys.ca with “opt me out” in the subject line.