

COPING

NOV. 9, 2007

Good Nutrition for Healthy Bones

We often hear that calcium and vitamin D are good for your bones. This is true. However, we often forget that a well balanced diet is equally important for healthy bones.

Dairy Products

Dairy products are a good source of calcium. This includes milk, yogurt and cheese. It also includes other foods made from dairy products such as puddings, custards, etc.

If you are concerned about your cholesterol level, be sure to choose lower fat options such as skim milk, 0% fat yogurt or lower fat cheeses.

Fruits and Vegetables

Few people realize how important fruits and vegetables are for healthy bones. Fruits and vegetables provide many nutrients that are important for your bones such as vitamin C, vitamin K, potassium, phytoestrogens and antioxidants.

Try to include at least 7 servings of fruits and vegetables each day. Go for a variety of colors. Eat orange and dark green vegetables and vary the color of your fruits as well. Choose fresh fruits over fruit juices.

Protein

Protein not only makes your muscles strong, it also makes your bones strong. Be sure to include at least 2 servings of protein each day. Sources of protein include lean meats, fish, poultry, eggs, tofu, nuts (including peanut butter) and legumes (such as beans).

Grain Products

Whole grain products are always preferable. Choose whole wheat breads and pastas, brown rice, oatmeal and whole grain cereals.

Foods to limit

Limit salt, trans fat, alcohol and caffeine.

A nice balanced diet is healthy for your bones.

Prepared by Dr. Diane Theriault, MD, FRCPC

Special Note to retired teachers in Ontario. The Ontario teachers pension fund has agreed to pay all or some of the cost of the medication, 'Forteo'. If your

doctor is recommending this medication for you do consult with your Ontario Teachers Pension Fund to see if you are covered by insurance.

Funny Bone: All government programs have 3 things in common: a beginning, a muddle, and no end.

Remember: You can live well with osteoporosis!

It is important for you to eat a **healthy diet**, get some appropriate **exercise**, take your **calcium and vitamin D** and if your doctor has prescribed a **medication** don't forget to take it as directed.

COPN NEWSLETTER will come to you every second Friday. We hope you enjoy it and find the information useful.

The material contained in this newsletter is provided for general information only. It should not be relied on to suggest a course of treatment for a particular individual or as a substitute for consultation with qualified health professionals who are familiar with your individual medical needs. Should you have any health care related questions or concerns, you should contact your physician. You should never disregard medical advice or delay in seeking it because of something you have read in this or any newsletter.

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NOV. 23, 2007

Today's topic is **Safe Movements**. People with osteoporosis, osteopenia and even healthy bones must get in the habit of moving safely to protect their backs. It is smart to practice proper body mechanics for all activities – work, play and even rest. The following recommendations are especially important for those at high risk for fracture.

Standing:

- ~ Stand straight – belly in, shoulders back, chin in and head high.
- ~ If you are standing for a long time, put one foot up on a stool or in an open cupboard. Alternate between feet.

Sitting:

- ~ Use a rolled towel or pillow to support the arch in your back.
- ~ Try to keep your hips and knees at the same level or the knees slightly higher.
- ~ If your feet cannot rest flat on the floor, use a small footstool.
- ~ To stand move your hips forward to the front of the chair and use your leg muscles to lift yourself up.
- ~ When reading, do not lean over your work. Prop a clipboard so it slants toward you like a drafting table.

Bending and lifting:

- ~ Keep your feet at shoulder-width.
- ~ Keep both arms low against your side.
- ~ Keep your lower back straight.
- ~ To lift items hold them against your waist.
- ~ If you have suffered a fracture of your back take extra care when lifting things that are 10 pounds or more in weight. Discuss your risk of injury while lifting with your doctor or physiotherapist.

Tying your shoes

- ~ Sit down and bring one foot to rest on a stool
- ~ Keep your lower back straight and lean forward from the hips to reach your feet.

Grocery Shopping:

- ~ Request that your bags be packed light.
- ~ Divide heavy items into separate bags.
- ~ Always hold bags close to your body.
- ~ You may also put bags in a cart with wheels to transport them from store to home or from the car into the house.
- ~ When unpacking, place your bags on a chair rather than on the counter or floor. This limits unnecessary lifting and twisting of the spine.

Vacuuming, gardening and other chores:

- ~ Maintain proper body alignment
- ~ Keep arms against your sides
- ~ Always face your work directly to keep from twisting your back
- ~ Keep your feet apart with one foot in front of the other. Shift your weight from one leg to the other to move the vacuum, broom, mop or rake back and forth.
- ~ Lean forward from the hips and bend at the knees, instead of the waist.
- ~ Avoid polishing floors to a high gloss which will make them very slippery.
- ~ An "all fours" position is a safe way to work in low areas. Be sure you can safely get up and down from the position.
- ~ In the bathroom, use a scrub brush or sponge on a long handle. This allows you to scrub in an upright position while keeping your back straight and bending from the hips.

'Safe Movements' will be continued in the next issue of COPING

Thanks to the Dartmouth Osteoporosis Multidisciplinary Education Program for the right to use this material from their booklet 'Bone Up on Osteoporosis'.

Funny Bone:

Just two of us for dinner,
Romantic to a fault –

You watch my fibre intake
And I will watch your salt!

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