

How to Prevent Osteoporosis

(ARA) - Osteoporosis affects 10 million Americans, and according to the Surgeon General, by 2020, 50 percent of Americans over age 50 will suffer from the debilitating disease. One of the silent markers for osteoporosis is bone density, yet many people are unfamiliar with what bone density is and why it's important.

Nutrition expert David Madsen, Ph.D., gives the lowdown on bone density, why it's important and how to protect and strengthen bones.

What is Bone Density?

Bone density refers to the amount of calcium and other bone minerals in a segment of bone. Higher mineral content means denser bone, which means bones are strong. Lower mineral content means bones are weak. It's important to know what your bone density measurement is as it can effect your risk for osteoporosis.

Do I Need to Measure my Bone Density?

The National Osteoporosis Foundation (NOF) recommends all women 65 and older get biannual bone density screenings. Younger women who have multiple osteoporosis risk factors or who have fractures should also get screened. Ask your doctor to screen you, or contact the National Osteoporosis Foundation for a local testing facility.

What Can I do to Reduce my Risk of Osteoporosis?

The best protection from osteoporosis starts with building bone mass. Thirty minutes of weight-bearing exercise, such as walking, is essential. In addition, nutrition plays an important role. Most people are familiar with bone healthy nutrients like calcium and vitamin D, but they aren't getting enough. More than 70 percent of American men and women aren't meeting the Daily Recommended Intake (DRI) for calcium.

In addition, new research indicates vitamins C and K and minerals such as magnesium, zinc, copper and manganese are also important for skeletal health. "If you're not getting proper amounts of these nutrients from food, I recommend taking a calcium-based combination product like Nature Made OsteoRenew Ultra," says Dr. Madsen.

To learn more about strengthening and maintaining bone mass, visit www.osteorenew.com.

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