

ANYTHING ELSE I SHOULD KNOW?

Try to quit smoking if you smoke.

Drink alcohol in moderation.

Avoid drinking a lot of caffeine.

Ask for help from members of your
health care team.

We would love to help you today!

CONTACT US TO LEARN MORE ABOUT PREVENTING OSTEOPOROSIS



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Preventing Osteoporosis

EATING DISORDERS CLINIC

BEWARE OF THE SILENT THIEF

Osteoporosis is a disease that affects bones making them weak, fragile and easy to break. Bone becomes more porous or full of holes. It is called the Silent Thief because there are often no warning signs.

WHY SHOULD I CARE?

When your weight is below your natural weight you have a higher risk of having a low bone mass which leads to osteoporosis. Other health problems such as chronic pain, arthritis, heart disease and diabetes can develop as a result of not being able to move as well.

WHY?

Dieting and high physical activity puts stress on your body. Your body responds by making hormones and chemicals that weaken and break down bone tissue.

Healthy weight and a healthy amount of physical activity help prevent these problems.

TELL ME MORE ABOUT BONE MASS

Bone is living tissue. Old bone is removed as new bone is formed. Your peak bone mass is the strongest bone that you can have and it is developed between your teen years up to about 30 years old. After 30, bone mass starts to decrease. Therefore it is very important to build a high peak bone mass when you are young – the higher the better!

FYI

Peak bone mass is measured by a bone density test called Dual X-ray Absorptiometry or DXA. It is safe and painless. Your hip and spine are scanned by a machine as you lie on a table. The test measures the amount of mineral in your bone. It only takes a few minutes to do.

TELL ME MORE ABOUT DIET

A healthy diet is important so you can maintain a healthy weight.

If you have a normal bone mass you need 1000-1200 mg of calcium every day. Did you know that 1 glass of milk contains 300 mg of calcium? If your bone mass is below normal you need more daily calcium. A member of your health care team will tell you how much to take.

You also need Vitamin D each day to help your body absorb calcium. If you have a normal bone mass you need 400-800 IU each day. If your bone mass is below normal you need more. A member of your health care team will tell you how much to take.

TELL ME MORE ABOUT PHYSICAL ACTIVITY

Exercising regularly in moderation is best. It is important to do some weight bearing exercises such as walking and strength training such as weight lifting to build strong bones. You should avoid high impact activity such as jogging and riding horses.

Moderate exercise

Do everything you can to reach your peak bone mass

Healthy weight

Calcium

Vitamin D