Bone Up on Osteoporosis Prevention

Sticks and stones may break bones...especially if those bones are too thin. Osteoporosis is the natural thinning of bones that begins around the age of 30. The thinner bones are, the more likely they are to break. Osteoporosis cannot be stopped completely, but there are some healthy habits that can help to slow it down.

Until the age of 30, bone mass can be increased. Getting enough calcium and Vitamin D (to help the body to absorb the calcium) and getting plenty of regular weight-bearing exercise will help thicken and strengthen bones. (Walking is an excellent choice - see upper right.) Smoking and drinking more than one alcoholic drink per day increases the osteoporosis risk.

After age 30, getting plenty of calcium and Vitamin D are crucial to bone health. Eating foods such as yogurt, cheese, and dark green vegetables like broccoli, is the best way to get the calcium. The best source of Vitamin D is exposure to the sunlight.

Summer Walks

Looking for a way to get some exercise and help a good cause at the same time? Participate in a fundraising walk! Here is a sampling of walks in Rochester this summer.

Multiple Sclerosis (MS)
May 7, 2006
www.nationalmssociety.org

American Cancer Society Relay for Life
July 14, 2006
www.cancer.org

National Alliance for the Mentally Ill (NAMI)
May 13, 2006
www.namiolmstedco.org

Epilepsy Foundation of MN
August 10, 2006
www.efmn.org

Out of the Sun Run/Walk for Melanoma Research
May 19, 2006
www.rochestertrackclub.com

Alzheimer’s Association
August 26, 2006
www.alz.org

American Heart Association
June 17, 2006
www.americanheart.org

Juvenile Diabetes
September 11, 2006
www.jdrf.org

What? There’s a Test on This Stuff?
The Buzz has been strategically posted for your reading pleasure since August, 2005. Have you been paying attention? The very first edition of The Buzz told you the “easiest, cheapest, safest, and most effective way to stay healthy.” Do you remember what is it? If you know, or even if you just want to take a guess, stop by Health Services (EA301) by noon on 5-8-06 and tell us your answer. If you’re correct, your name will be entered in a drawing for a $25 RCTC Bookstore gift certificate. Just in case you’re stumped, here’s a hint... it’s what you’re going to do as soon as you’re done doing what you’re doing now.

(You are going to do it, aren’t you?)

“And Summer’s lease hath all too short a date.”
~ William Shakespeare, Sonnet #18