

Bone Up Your Health!

May is National Osteoporosis Awareness + Prevention Month!



DEBUNKING THE MYTHS!

#1 Most people don't need to worry about osteoporosis. In fact, 44 million Americans have low bone density or osteoporosis. About one in two women and up to one in four men over the age of 50 will break a bone due to osteoporosis. By 2020, half of all Americans over age 50 are expected to have low bone density or osteoporosis.

#2 People with osteoporosis feel their bones get weaker.

Osteoporosis is commonly called a "silent disease." Often, breaking a bone is the first sign. Some people learn that they have osteoporosis after they lose height from one or more broken bones in their spine. These broken bones can even occur without any noticeable pain.

#3 Taking calcium supplements can help prevent osteoporosis. The Institute of Medicine strongly encourages consumers to get nutrients from food rather than supplements to avoid excessive intake. Less than 10 percent of women age 51+ meet their calcium requirements; nine of 10 teenage girls and six of 10 teenage boys do not achieve the recommended levels of calcium through diet. The 2010 Dietary Guidelines list calcium as one of four "nutrients of concern," along with vitamin D, potassium and fiber. Taking more calcium than you need through supplements does not provide any extra benefits.

BANKING ON STRONG BONES

Get the right amount of calcium and vitamin D. Dairy products are a rich source of these nutrients. Aim for three servings per day. Bone mineral density testing is used to diagnose osteoporosis, measured with a test called DXA scan, so doctors can predict the risk of having a bone fracture. This is an appointment that you can schedule with your doctor/medical professional.

Osteopenia = low bone mass; the beginning of bone loss.

Osteoporosis = weak and porous bones, more likely to break.

Recipe of the Month

Turkey & Balsamic Onion Quesadillas
Courtesy of EatingWell.com

Ingredients

- * 1 small red Onion
- * ¼ cup balsamic Vinegar
- * 4 10-inch whole-wheat Tortillas
- * 1 cup shredded sharp cheddar Cheese
- * 8 ounces sliced deli smoked Turkey



Preparation

- Combine thinly sliced onion with vinegar in a bowl; let marinate five minutes. Drain and reserve vinegar for another use.
- Warm two tortillas in a large nonstick skillet over medium-high heat for 45 seconds; flip.
- Working on one-half of each tortilla, sprinkle with one-fourth of the cheese. Cover cheese with two slices of turkey and top with one-fourth of the onion.
- Fold the tortillas in half, flatten gently with a spatula and cook until the cheese starts to melt, about two minutes. Flip and cook one to two minutes more, until golden.
- Repeat steps to make two more quesadillas with the remaining ingredients.

Want to estimate your calcium intake?

Visit: [National Osteoporosis Foundation](http://NationalOsteoporosisFoundation.org)

Test your calcium knowledge: [Calcium Quiz](http://CalciumQuiz.com)

Move of the Month



Photo: [Dr Weil Blog.com](http://DrWeilBlog.com)

Stair Climb Your Way to Strong + Healthy Bones!

Importance of weight-bearing exercise:

- Muscles are forced to work against gravity, which causes muscles to pull on bone—which builds bone!
- Bones become denser in mineral content and therefore stronger.
- Weight-bearing exercises help maintain bone mass later in life.

Benefits of stair climbing:

- Build and tone muscles in the legs and buttocks.
- Increase bone density.
- Burn 250 calories in a half hour!

Exercising at least 30 minutes a day helps your bones and improves heart health, muscle strength, coordination, balance and mental well-being.

