

## Your Rx for Healthy Bones

Most people reach their peak bone mass around age 30, but it's never too late to make lifestyle changes to build healthier bones. Even if you have been diagnosed with osteoporosis or osteopenia you can take steps to slow the progression of the disease.

- **Get plenty of calcium and vitamin D**

Calcium builds strong bones, but vitamin D helps the body absorb calcium. Adults ages 19 to 50 and men ages 51 to 70 should aim for 1,000 mg of calcium a day. Women age 51 and older and men age 71 and over should be getting 1,200 mg a day. There are plenty of foods that can help you get your calcium. Examples include dairy products, canned salmon, soy products, almonds, broccoli, and cooked dark leafy greens. If you don't think you are getting enough in your diet discuss a calcium supplement with you doctor.

Vitamin D recommendations are 600 IU daily for adults ages 19 to 70, and 800 IU daily for adults ages 71 and older. However, the National Osteoporosis Foundation recommends 800 to 1,000 IU for people 50 years or older, and many experts recommend 1,000 IU to 2,000 IU daily. Many people get adequate amounts from sunlight, but sunlight may not be the best source for everyone. Dietary sources include oily fish, egg yolks, fortified milk, and vitamin D supplements.

- **Include weight-bearing exercise in your daily routine-**

Walking, jogging, and light aerobics make your body work against gravity which helps strengthen your bones. Aim for 30 minutes of one of these activities five days a week. Also incorporate activities that work your core like yoga, Pilates, or tai chi. These activities help strengthen the spine which is the most common place for fractures in people with bone loss.

- **Avoid smoking and drink in moderation**

Nicotine is toxic to bones, and excessive alcohol consumption can cause about 2% bone loss over the course of a year. Eliminate smoking all together and limit drinking to one or two drinks a week.

- **Talk to your doctor**

There are a number of medications on the market to help slow bone loss and maintain bone mass. Examples include Fosamax, Actonel, Boniva, Evista, and Prolia. Talk your doctor about whether one of these is an option for you.

- **Consider hormone therapy if you're a woman**

Estrogen can help maintain bone density, especially when started soon after menopause. Talk to your doctor about whether or not hormone therapy is right for you.

Reference: .....

"Living with Osteoporosis: 5 Lifestyle Steps for Better Bone Health", <http://www.webmd.com/osteoporosis/living-with-osteoporosis-7/lifestyle-tips>, accessed 03/09/2011 4:58pm

"Bone health: Tips to keep your bones healthy", <http://www.mayoclinic.com/health/bone-health/MY01399>, accessed 07/13/2011 2:05pm

"American Association of Clinical Endocrinologists Medical Guidelines for Clinical Practice for the Diagnosis and Treatment of Postmenopausal Osteoporosis", *Endocrine Practice* Vol 16 (Suppl 3) November/December 2010

## Are Your Veins At Risk?

### 8 Warning Signs of Vein Disease

One out of three Americans over age 45 has some form of vein disease. If you suffer from one or more of these warning signs, you may be at risk.

- Tired, heavy-feeling legs
- Leg pain from prolonged sitting or standing
- Swollen ankles at night
- Varicose or spider veins
- Tingling, numbness, burning, or cramping in legs and feet
- Discoloration of the skin
- Open sores or ulcers on lower leg
- History of vein problems in the family

Early detection and consultation with your doctor are the first steps to better leg health. Talk to your doctor about treatment options such as prescription compression socks and stockings. For more info about prescription hosiery visit [www.hawthornesc.com/legandfootcare](http://www.hawthornesc.com/legandfootcare) or [www.mediusa.com](http://www.mediusa.com).

Reference: .....

Source: "Are My Veins at Risk? Vein Disease and Compression Therapy." Pamphlet by Medi USA

### We're on Facebook!

Did you know that Hawthorne Pharmacy and Medical Equipment is on Facebook? Become a fan to get updates and leave feedback about your experience with us!  
[www.facebook.com/HawthorneSC](http://www.facebook.com/HawthorneSC).

## Ask The Pharmacist

Do you have a question you would like to ask one of our knowledgeable pharmacists? Send it to our website at [www.hawthornesc.com](http://www.hawthornesc.com), and it may be featured in next month's newsletter!

Check out [www.getwellquicker.com](http://www.getwellquicker.com) today!

Visit Hawthorne Pharmacy at [www.hawthornesc.com](http://www.hawthornesc.com)

Like Our Newsletter? *Share it with a friend.*