



osteoporosis

what's on in health

August

1st-7th

Healthy Bones Week

Osteoporosis WA

Phone: 08 9388 2199

www.arthritiswa.org.au

27th

Daffodil Day

Cancer Council WA

Phone: 1300 65 65 85

www.daffodilday.com.au

15th-21st

National Glaucoma Week

Glaucoma Australia

Phone: 1800 500 800

www.glaucoma.org.au

30th-5th Sep

Parkinson Awareness Week

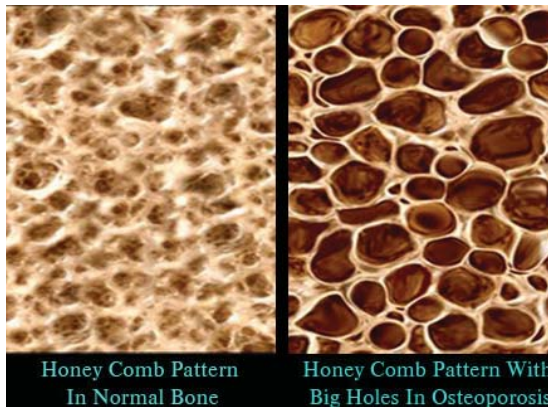
Parkinson WA Inc.

Phone: 08 9346 7373

www.parkinsonwa.org.au

osteoporosis

Osteoporosis literally means “porous bones.” It occurs when bones lose an excessive amount of mineral content, particularly calcium. Over time, bone mass, and therefore bone strength, is decreased. This can result in fragile bones which fracture easily. Sneezing or sudden movements may be enough to break a bone in someone with severe osteoporosis.



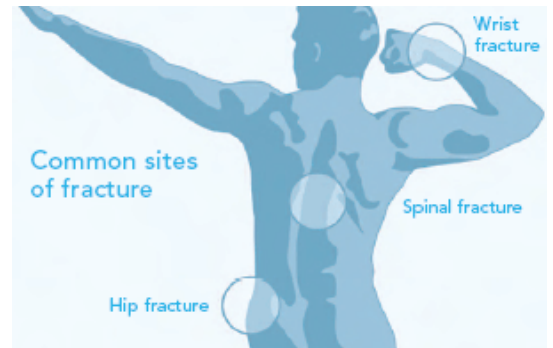
www.healthjockey.com

osteoporosis and men

Over the past few years the problem of osteoporosis in men has been recognised as an important public health issue. In Australia one in three men over the age of sixty will suffer a fracture due to osteoporosis. Despite the figures, the majority of men view osteoporosis solely as a ‘women’s disease’. Moreover, few men recognise the disease as a significant threat to their mobility and independence.

Osteoporosis develops less often in men than in women because men have larger skeletons, their bone loss starts later and progresses more slowly, and they have no period of rapid hormonal change and bone loss. 50% of women over the age of 60 will suffer from an osteoporotic fracture, however the complications and death caused by hip fractures is three times higher in men than women.

Osteoporosis is a silent disease meaning there are no symptoms until a fracture occurs. This could partly explain why there is an under diagnosis of osteoporosis in men. Fractures occur with the simplest of day to day tasks for example sneezing, carrying shopping or coughing. While any bone can be affected the most common fracture sites are the spine, hip, wrist, ribs and arm.



www.osteoporosis.org.au

Bone density reaches its peak at the age of 30. After this point, the amount of bone in the skeleton typically begins to decline slowly as removal of old bone exceeds formation of new bone.

Testosterone is important for maintaining bone mass and as men age these levels naturally decrease, Low testosterone levels may cause bone thinning, decrease muscle mass and increase the bone turnover rate so bone becomes less solid.

risk factors of osteoporosis

Non-modifiable	Modifiable
Gender	Inactive lifestyle
Ethnicity	Excessive alcohol consumption
Hormonal changes	Smoking
Genetics	Body composition (underweight)
Age	Calcium deficiency
Chronic disease	Vitamin D deficiency
Some medication	Frequent falls

Carepoint offer a range of programs that are aimed at identifying and reducing the risks of osteoporosis.

These include:

- Smoking cessation
- Group exercise sessions
- Lunch 'n Learn sessions – topics include:
 - Osteoporosis prevention
 - Nutrition
 - Physical Activity and Fitting in Fitness

Contact us on (08) 6444 4660 or health@carepoint.com.au today!

prevention of osteoporosis

A healthy lifestyle which is important for bone health can help to reduce the risk of osteoporosis:



- Adequate daily intake of calcium for adults needs to be between 1000mg to 1200mg older adults need higher calcium intakes.
- Ensure adequate vitamin D intake through sun exposure. Small amounts can be found in eggs and fatty fish.
- Aim for 20-30mins of regular physical activity. Exercise increases bone mass and strength while slowing age-related bone loss.
- Moderate alcohol consumption. Alcohol reduces the absorption of calcium in the digestive system.
- Don't smoke, or if you do quit, tobacco use decreases bone density.
- Eat plenty of vitamin C which increases the absorption of calcium.

- Eat foods rich in magnesium such as leafy dark green vegetables
- Reduce caffeine consumption as caffeine can inhibit the absorption of calcium
- Check medications as some inhibit the absorption of calcium.

lactose intolerance and calcium absorption

To prevent the development of osteoporosis later on in life it is essential to build good bone mass and strength early. Calcium and vitamin D intake are vital for strong bones and muscles and people with lactose intolerance find it difficult to get their daily intake of calcium. Lactose intolerance is the inability to digest lactose, a sugar found in milk and milk products. As an alternative to milk based products, the following foods also contain moderate amounts of calcium:

- Rhubarb (1 cup 348mg)
- Sardines (325mg) or salmon (181mg).
- Spinach (1 cup 291mg)
- Oranges (52mg)
- Broccoli (1cup raw 41mg)

Talking with a doctor or health professional may be helpful in planning a balanced diet that provides an adequate amount of nutrients—including calcium and vitamin D. A health professional can determine whether calcium and other dietary supplements are needed.

baked ziti with vegetables



source: www.taste.com.au

ingredients

- 2/3 cup uncooked ziti pasta
- 1x 325g can of tomatoes, drained (reserve 1/2 cup of the juice)
- 1/2 cup sliced carrots
- 1 cup chopped broccoli
- 1/2 cup diced green bell pepper
- 1/4 cup sliced mushrooms
- 2 garlic cloves, minced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 1/2 cup reduced-fat mozzarella cheese
- 1/2 cup Parmesan cheese

Note: Serves 2. Any vegetables or meat of your choice can be added to this dish

instructions

Preheat oven to 190 C and lightly coat a baking dish with oil.

Cook pasta according to package. Drain thoroughly.

In a non-stick frying pan over medium heat, add the reserved juice from the canned tomatoes, stir in carrots, broccoli and green pepper. Sauté the vegetables until tender, approximately 5 minutes.

Add mushrooms and garlic and cook for another 5 minutes.

Add tomatoes, basil, oregano and black pepper to the mixture. Cook over low heat for 3 to 5 minutes.

Transfer the cooked vegetables, cooked pasta and mozzarella cheese to a large bowl. Toss gently to mix.

Spoon mixture into prepared baking dish. Sprinkle with the Parmesan cheese.

Cover with aluminum foil and bake until the mixture is hot and bubbly, about 30 minutes.

Remove the aluminium foil after 15 minutes. Divide the pasta among warmed individual bowls. Serve immediately.