

Rosewood Chiropractic Clinic

HAVE YOU BEEN CHECKED FOR OSTEOPOROSIS ?

44 Million women and men have bone mineral deficiencies. 10 Million have osteoporosis.

1 in 2 females and 1 in 4 males over the age of 50 will have osteoporosis related fractures in their lifetime. Your body loses bone and replaces it with new bone throughout your entire life. If too much bone is lost, osteopenia and then osteoporosis can develop. Bones become fragile and more likely to break. There are no treatable early warning symptoms because osteoporosis is painless. Osteoporosis can be prevented and treated successfully if diagnosed early. Prevention includes nutrition and exercise. Everyone over the age of 65 should be screened for osteoporosis. If diagnosed with osteoporosis our clinic can advise you regarding your condition and help treat this silent disease.



What are the Risk Factors for Osteoporosis?

- Being female
- Advanced age
- A family history of osteoporosis
- Post menopause, including early or surgically induced menopause
- Abnormal absence of menstrual periods
- Anorexia nervosa or bulimia
- A diet low in calcium and vitamin D
- Use of certain medications, such as corticosteroids and anticonvulsants
- Sedentary lifestyle
- Cigarette smoking
- Excessive use of alcohol, cola or other carbonated beverages

Why Strong Bones Depend on Proper Nutrition

- Proper nutrition keep bone cells healthy and active
- A healthy diet supplies the important nutritional building blocks needed to form the organic bone matrix needed for strong bones
- Good nutrition supplies minerals that comprise the organic net making up the finished, hardened bone component needed to prevent bone loss