

BROOME
OBSTETRICS &
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RECOMMENDATION TO BENEFIT YOUR BONE HEALTH

Bone is living tissue that responds to exercise by becoming stronger.

EXERCISE Continuous weight bearing exercise for 30 minutes, 3 times/week

Examples of good weight bearing exercises include walking, low impact aerobics, tennis, stair climbing and dancing. Swimming and bicycling are not weight bearing.

Resistance exercises or activities that use muscular strength to improve muscle mass also strengthen bone.

Examples of resistant exercises include weight lifting such as using free weights or gym weight machines.

CAUTION: If you are frail, have had a fracture, fall frequently, have osteoporosis or any other health issue you should take extra caution. Certain movements like twisting of the spine, high impact aerobics or bending from the waist can be harmful. The National Osteoporosis Foundation recommends that before starting any exercise program, you should consult with your medical provider about your health risk.

CALCIUM Recommended daily amounts include both supplements and dietary calcium.

ADOLESCENTS (11-18)	1000 MG/DAY
ADULTS (18-50)	1200 MG/DAY
POSTMENOPAUSAL	1500 MG/DAY

IMPORTANT

Calcium should be taken with vitamin D 400 IUD to 800 IU per day.

Our bodies only absorb approximately 600 mg at one time. The calcium should be taken in divided doses, throughout the day (example: 500-600 mg with breakfast and then again with dinner)

People who are taking thiazide diuretics, moderate alcohol users and people who are malnourished may need magnesium supplements in order to get the maximum absorption of calcium.

TYPES OF CALCIUM

Calcium Carbonate – Always take with food and a full glass of water

Calcium Citrate – Can be taken on an empty stomach with a full glass of water

COMMON SUPPLEMENTS – Calcium Carbonate (Caltrate+D, Tums (contains no vitamin D), Viactiv+D). **Calcium Citrate** (Citracal+D)

Adapted from OSTEOPOROSIS HANDBOOK by Lou Bonnick MD and the National Osteoporosis Foundation