

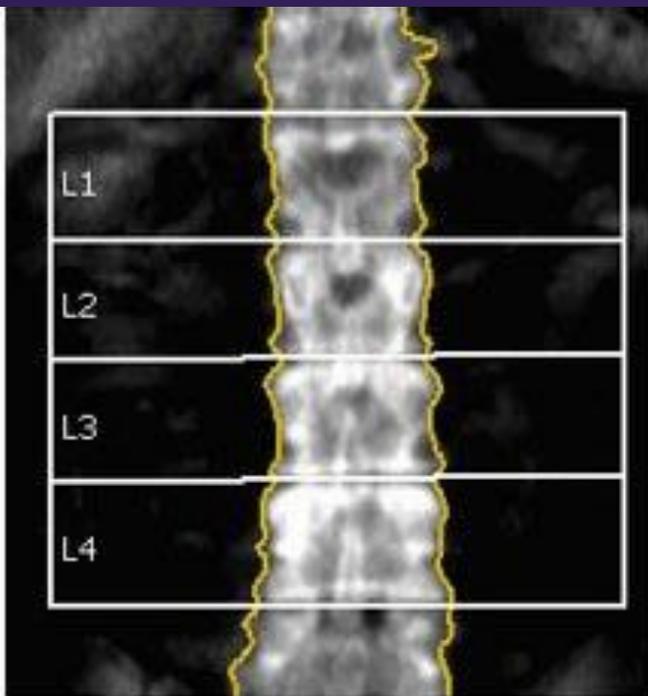
KEEPING YOUR BONES STRONG

May 2015

Personal Health Partners
Navigating the Seasons of Life

Osteoporosis may be caused by risk factors that you are unable to control:

- Age-risk increases with age after mid 30's
- Caucasian or Asian decent
- Small bone structure
- Family history
- Previous fracture during a low level injury, at age over 50 years



There are ways to prevent osteoporosis, and it can be

as simple as taking vitamin D and calcium. Before taking the supplements, contact your physician to see what dose would benefit your bones. Other ways to prevent osteoporosis exercise, stop Smoking and limit your alcohol intake.

Exercising a few minutes a day can help strengthen your bones, upper back and core (abdominals and lower back) and help with balance. Exercises that can boost balance are yoga, tai chi and Pilates.

According to the National Osteoporosis Foundation, balance is important for people with osteoporosis. Your eyes, ears muscles and joints all play an important role in maintaining your balance and preventing falls.

To determine your level of equilibrium and balance, try this simple test provided by Dr. Vonda Wright and the Guide to Good Health.

1. Stand next to a firm surface as a counter or chair back
2. Hold your hands above the surface in case you need support
3. Close your eyes and lift one foot off of the ground
4. Balance on the other foot
5. Count out loud the number of seconds you are able to balance

If you lasted:

- 22 seconds your balance is equivalent to a 20 year old
- 15 seconds you have the balance of a 30 year old
- 7.2 seconds you have the balance of a 40 year old
- 3.7 seconds your balance is equivalent to a 50 year old

How did you do?

Osteoporosis, the silent disease, affects men and women of all races and ethnic background. According to the National Osteoporosis Foundation, 54 million Americans have low bone density or osteoporosis. One in two women and up to one in four men over the age of 50 will break a bone due to osteoporosis. Osteoporosis means porous bones and it causes bones to become weak and fragile. If you have osteoporosis, something as simple as bumping into furniture may cause a fracture. Fractures most frequently occur in the spine, hip and wrist.

For any questions about your health,
please contact Personal Health Partners at
800-327-7272


LYTLE EAP PARTNERS
Navigating Work...Life...Health

