

Osteoporosis

Unfortunately, “Bad to the Bone” is more accurate than ever! I can’t even listen to the snap, crackle, pop of Rice Krispies without thinking about my osteoporosis setting in.

Bone health is directly related to your estrogen levels. When your estrogen fades away so does your bone density and strength. Women who experience early menopause, (before age 45), those who have osteoporosis in their family history, and those who have weak bones or have broken bones previously are even more likely to develop osteoporosis. But osteoporosis does not have to be your fate... There are several preventative measures you can take.

There are a lot of things I wish I had started doing younger...One of them is building up better bone health! Lifestyle adjustments such as weight bearing exercises and getting enough Vitamin D and Calcium can dramatically help build bone strength. You can get a good source of calcium in foods like dark green vegetables, yogurt and many whole grain products. Vitamin D can be consumed from fatty fishes but you can also take it as a supplement.

Nobody wants to deal with fragile bones that break easily. While lifestyle prevention is ideal, there are also medications as well as hormone replacement therapy available for osteoporosis. Ask your doctor to learn more.