

# March 2012 Newsletter



## Osteoporosis

Osteoporosis, or thinning bones, is a serious condition that can result in tremendous pain with fractures. Risk factors for osteoporosis include aging, being female, low body weight, low sex hormones such as during menopause, smoking, and some medications. There are no symptoms of this bone disease until you fracture a bone. Prevention and treatment of osteoporosis include calcium and vitamin D, regular exercise, and osteoporosis medications, if needed.

At any age, exercise is essential for maintaining healthy bones. Although people with osteoporosis may believe that exercise increases the risk of injury from broken bones, the truth is quite the opposite. A regular, properly designed exercise program may actually help prevent the falls and fall-related fractures that so often result in disability and premature death. That's because exercise strengthens bones and muscles, and improves balance, coordination, and flexibility, which is especially important for older adults and people who have been diagnosed with osteoporosis.

If you have osteoporosis or are at risk of osteoporosis, most experts believe that supervised weight-bearing exercise and strength training exercise is safe and effective. Studies

of postmenopausal women report that aerobic, weight-bearing, and strength training exercise can increase bone mineral density in the spine, and that a simple walking program can increase bone mineral density in the spine and hip.

Before beginning any exercise program, it's important to undergo a thorough medical examination to determine which activities are safe for you. At MBF, we can help design an exercise program that is unique to you!

### ***Risk Factors You Can Change:***

- Lack of exercise - especially weight bearing exercise
- Low calcium intake
- Smoking
- Eating Disorders
- Excessive alcohol intake
- Steroids

### **Symptoms**

*By Mayo Clinic staff*

In the early stages of bone loss, you usually have no pain or other symptoms. But once bones have been weakened by osteoporosis, you may have osteoporosis signs and symptoms that include:

- Back pain, caused by a fractured or collapsed vertebra
- Loss of height over time
- A stooped posture
- A bone fracture that occurs much more easily than expected
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### **When to see a doctor**

You may want to talk to your doctor about osteoporosis if you've:

- Gone through early menopause
- Experienced a loss of height
- Had a bone break much more easily than expected
- Taken corticosteroids for a lengthy period of time
- Have a family history of osteoporosis

*This article contains info from both [www.webmd.com](http://www.webmd.com) and [www.mayoclinic.com](http://www.mayoclinic.com)*



**Those who think they have not time for bodily exercise will sooner or later have to find time for illness.  
~Edward Stanley**

# Celebrate St. Patrick's Day by including more GREEN in your diet!

Have you tried these veggies yet? They are packed with nutrition!

## Kale



Once you sauté or steam it lightly, kale makes a great side dish and is delicious added to cole slaw, stir fries, soups -- even mashed potatoes and homemade pizza!

## Collard Greens

delicious lightly steamed and served with lemon juice and olive oil, garlic and onion or even black-eyed peas and rice (for a more Southern flavor).



## Mustard Greens

Simply sauté them and add them to sweet potatoes, stir fries, casseroles and even pasta salad for a bit of a spicy kick.

## Sea Vegetables

Sea vegetables can be eaten on their

own as a snack (in the dried form) or can be added to soups, salad, stews and stir fries.

## Turnip Greens



Turnip greens are delicious sautéed or steamed as a side dish with garlic, onion, olive oil and lemon, or as an addition to soups, stews and pasta.

## Romaine Lettuce

Romaine lettuce makes an excellent base for salads, a great topper for sandwiches and an ideal "wrapper" that can be filled with anything from hummus to chicken salad.

## Endive

This crisp, lettuce-like vegetable makes a unique addition to salads but can also be steamed or sautéed and served as a hot side dish.

## Brussel Sprouts

Steam them until they're tender, then season them with some butter, salt and pepper, or try them with olive oil, balsamic vinegar or even feta cheese. You can leave them



## Trivia:

1. What was the original St. Patrick's Day color?
2. What day is St. Patrick's Day ?
3. What is St. Patrick's Day a celebration of?
4. What century was St. Patrick born?
5. What year was the first St. Patrick's Day Parade in the U.S.?
6. Which U.S. city dyes their river green on St. Patrick's Day?

intact or cut off the base and separate the leaves (then toss them with seasonings and serve like a salad).

## Bok Choy

It's excellent sautéed with onions, olive oil and salt and pepper, or add it to stews, soups and casseroles.



To view this entire article, including nutritional facts, visit [www.transformyourhealth.com](http://www.transformyourhealth.com)

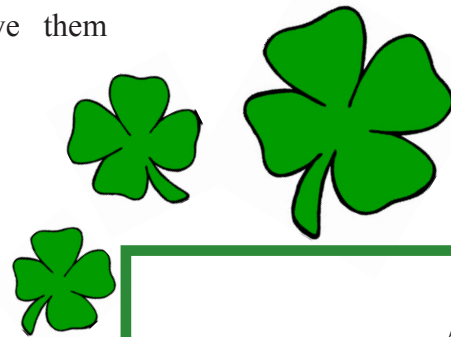


# MBF

## Medically-Based Fitness

1690 30th Street    275 S. Main St. #206    1055 Adams Circle  
 Boulder, CO 80301    Longmont, CO 80501    Boulder, CO 80303  
 303-447-2873    303-682-2440    303-939-0591

[www.MEDFIT.net](http://www.MEDFIT.net)



Trivia Answers:

1. blue
2. March 17
3. The arrival of Christianity in Ireland and the lifting of Lenten restrictions of eating and drinking alcohol.
4. 4th century
5. 1737
6. Chicago