



FEBRUARY Newsletter

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In Loving Memory
Bernice Bobendrier
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The Bone-Breaking Truth about Osteoporosis

Osteoporosis is a silent, yet dangerous, condition that affects millions of people in the United States. Although most people think of this as a “women’s disease” -- and it’s true that women are 4 times more likely than men to suffer from osteoporosis -- about 20% of those affected by osteoporosis are men.

The basic physiology behind osteoporosis is that bones lose density, making them fragile and increasing the likelihood of them breaking. Most of your bone density is acquired by age 20, and then they slowly start losing density from that point on. This may make it seem like we are all doomed to have osteoporosis some day, but there are many measures you can take to ensure that your bones stay healthy all your life!

Facts about Osteoporosis:

- Osteoporosis is more prevalent in women.
- 20% of men are affected by osteoporosis.
- You can control your risk factors by including weight-bearing exercises, having enough calcium and vitamin D, and avoid things like caffeine, smoking, alcohol, and certain medications.
- Eat calcium rich foods or supplements at least two hours after eating whole wheat foods.
- It is a myth that Chiropractic care is unsafe with osteoporosis. Activator Methods is a very safe, gentle, and effective way to treat even with osteoporosis.

The first step is to recognize whether you have any risk factors that increase your likelihood of getting osteoporosis. Some common risk factors include:

- Female gender
- Caucasian or Asian decent
- Increased age
- Small or petite body frame
- Family history of osteoporosis

These are risk factors over which you have no control. The best thing you can do is to be aware of your risk and do your best to prevent accelerated loss of bone density. True prevention of osteoporosis starts early in life; parents should teach their children healthy eating and exercise habits to not only encourage overall health, but to ensure healthy bones for a lifetime. Preventive measures include:

- Weight-bearing exercise
- Dietary intake of calcium and vitamin D

These preventive measures are not unfamiliar to most of us. It seems easy to do the right things to prevent osteoporosis; it's *not* doing the *wrong* things that is more difficult. Things to stay away from would be:

- Caffeine
- Smoking
- Inactivity (also known as laziness!)
- Alcohol abuse
- Certain medications
- Spinach
- Wheat bran

A few of these are surprising. Caffeine, smoking, and inactivity seem obviously unhealthy, but what about spinach and wheat bran? Aren't those healthy things? The answer is yes, they are healthy. They are packed full of nutritious elements that are important for a healthy diet. However, when talking specifically about osteoporosis and calcium absorption, spinach actually inhibits, or prevents, calcium absorption because it contains oxalate. Spinach, contrary to popular belief, is not a good source of calcium because our bodies cannot absorb it. Wheat bran also prevents calcium from being

absorbed when eaten with calcium-rich foods. Therefore, if you take a calcium supplement or eat yogurt for your calcium, do so two or more hours before or after you have your whole wheat products.

There is a long list of medications taken for various conditions that can also accelerate bone loss, so be sure to talk to your doctor about these risks before you begin any treatment.

Another condition that is common in older age is chronic pain. One of the best forms of alternative treatment for chronic pain is [Chiropractic care](#). Often, elderly people believe that Chiropractic care is not an option because of their decreased bone density. A spinal adjustment can be quite forceful if done manually, and it has been shown that a side effect can be fractures of bones where there is decreased bone density. However, there are other ways to provide spinal adjustments that do not cause fractures. The doctors at Discover Chiropractic are trained in [Activator Methods](#), an adjusting technique that utilizes a small instrument that provides the adjustment without the twisting, popping, or cracking of a manual adjustment. The Activator has been shown to be a safe and effective way to adjust those with osteoporosis, and is the only Chiropractic adjusting instrument that has been approved by Medicare.

You do not need to live in pain! Fear no longer needs to hold you back from receiving Chiropractic adjustments. With Activator Methods, you too can benefit from Chiropractic care!

Source: National Osteoporosis Foundation. www.nof.org