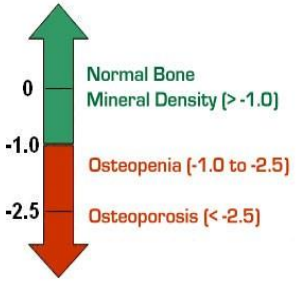
How You Might Know Your Risk

- **Central DEXA Scan**
  - Hip and spine
  - Definitive diagnosis
- **Peripheral Dexa**
  - Wrist, ankle/heel, and phalanges
  - For Screening only

T-Score:



Z-Score:

Age	Category	Criteria
<50 years old	Below expected range for age	Z-Score ≤-2
	Within the expected range for age	Z-Score > -2

Your Screening Results:

T-Score _____

Z-Score _____

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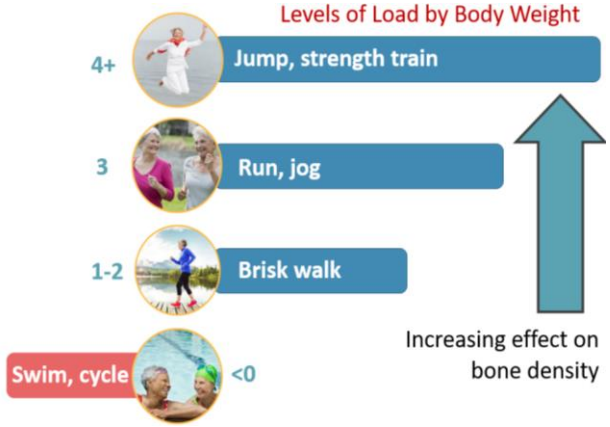
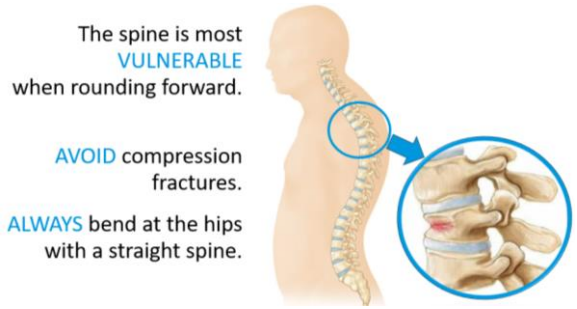
To build bone density, you must do activities that "surprise" and add weight to the bone.

Activities that strengthen muscles, strengthens bone.

Loads Vary By Activity



Load Safety

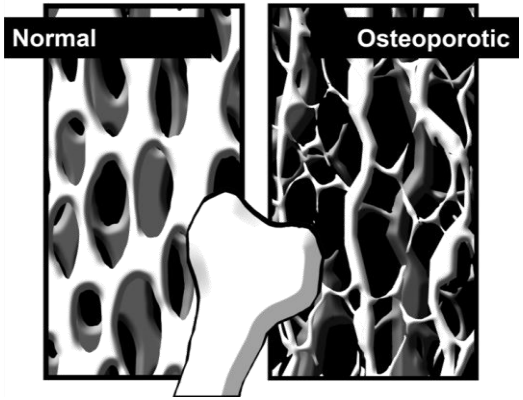


Important Things to Remember:

1) Get calcium and Vitamin D daily.
2) Do weight-bearing and balance exercises everyday.
3) Know your risk for fractures, get tested and treated if needed.
4) Avoid negative lifestyle habits
5) Know your T-scores.

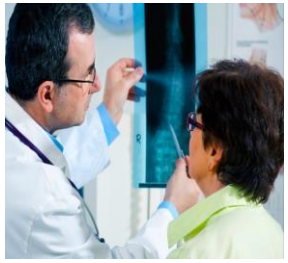
ASIAN PACIFIC HEALTH FOUNDATION

Osteoporosis



When the skeleton loses mineral density, the structure becomes thin and unable to take normal weight, leaving bones that break easily.

A Silent Disease!



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How to Read a Nutritional Label

Add a zero to the calcium % to get milligrams per serving.

20% + 0 = 200 mg

Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving
Calories 230 — Calories from Fat 72

	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

If you don't eat 2-3 servings of calcium-rich food every day, you may need a supplement.

- Two types of calcium supplement

CALCIUM CITRATE E.G., CITRACAL	CALCIUM CARBONATE E.G., CALTRATE
21% elemental Less constipating Easier on stomach Take with or without food	40% elemental Less expensive Take with food

- Body can only absorb 500 – 600mg at a time
- Do not take more than 1,500mg/day

Vitamin D is Essential!

- Calcium needs Vitamin D to get absorbed in the intestine
- Sunshine alone is not a reliable source
- It's very hard to get enough through diet. Supplements are not expensive.

If you are at high risk for fracture, you may benefit from treatment.
- **Discuss your risk.**
- **Discuss your options.**
- **Decide what's best.**

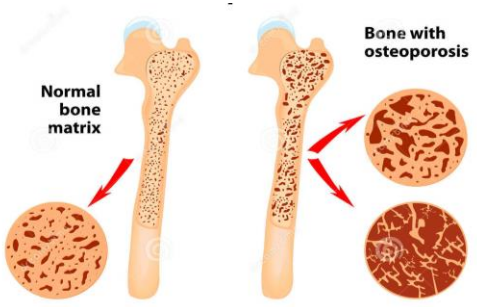
Things you can Change

1. Calcium consumption
2. Vitamin D intake
3. Quit smoking or vaping
4. Alcohol consumption
5. Physical activity
6. Posture
7. Low body weight (BMI <20)
8. Some medications

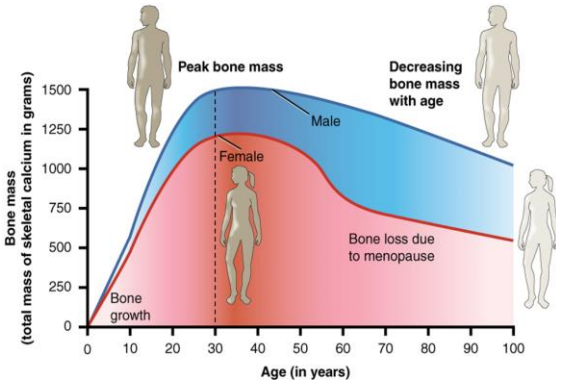
Dietary Sources of Calcium

Food	Item	Calcium Range
Dairy	Low Fat Yogurt, Milk, Cheese	150-400 mg
Proteins	Tofu (with Calcium), Sardines (With Bones), Garbanzo Beans, Almonds	75 - 400 mg
Vegetables	Collards, Bok Choy, Kale, Broccoli	20-260 mg
Other Foods	Pizza, Lasagna, Mineral Water, Dried Figs	120 - 450 mg

Stages of Osteoporosis



How the Skeleton Changes



Risk Factors

Alcohol Use or Aging
Corticosteroid Use
Calcium Low
Estrogen Low
Smoking
Sedentary Lifestyle

"Access" (leads to) Osteoporosis