

Lakeview Community Wellness Center Orthopaedic Connection

Bones Need More Than Calcium

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Transforming patient information into patient understanding.

Certain foods have a direct effect on bone health. This is especially true in women over 55.

There is a definite association between dietary patterns and fractures.

Nutrient dense diet patterns are higher in vegetables, fruits, whole grains etc. Unfortunately most people's diets are heavy on meats, desserts, fries, chips (processed foods) and soft drinks.

A large study has shown that nutrient diet persons have approximately 18% lower risk of fractures.

That is amazing! Just think, your diet alone can in a major way reduce fractures. Now, if we can get your vitamin D levels up to a normal level and get you to stop wearing socks in the house instead of shoes _____. I will have a lot less fractures to treat.

Sad But True

Most Americans get about 75% of their calcium needs, but only 25% of their vitamin D needs.

Beyond Calcium

Bones need more than calcium.

Bones Need

Vitamin D, fluoride, magnesium, phosphorus,
Protein from lean meats
Vegetables
Fruit
Milk, fortified milk replacements
Whole grains
Salmon

Bones Don't Need

Processed foods (cakes, cookies, candy)
Excess amounts of Calcium does little to prevent fractures or osteoporosis.

Calcium Recommendation

I am going to make one recommendation for everyone over 18. It just makes it a lot easier to remember. 1200mg/day. Period.

Protein

I don't want to forget proteins, because my patients with hip fractures often have a low protein intake.

Low protein intake = poor bone metabolism
muscle wasting
osteoporosis

You need

A protein source at each meal

Could be meat, fish, poultry, eggs, soy, beans

Bet you didn't know that you can substantially decrease fractures by eating right! You can. It's up to you.

Lakeview Area News and Office Website

I sincerely hope all of our readers are taking advantage of an endless amount of Orthopaedic and musculoskeletal information. It is very easy. Log onto the office teaching website

www.orthopodsurgeon.com. That gives you access to -

- All the website articles
- Your Orthopaedic Connection articles
- Every Lakeview Community Wellness Center Orthopaedic Connection article appearing in Lakeview Area News from most recent to first. Full text!

Check out this tremendous collection of information.

Orthopaedic Clinic

As I hope most of you know I am at the Lakeview Community Wellness Center every other Friday afternoon seeing patients. All of the Orthopaedic problems I treat can be evaluated there. Clinic dates coming up are March 16 and March 30, 2012.

Call 989-463-6092 for an appointment at the Lakeview Orthopaedic Clinic or at the main office in Alma.

Our goal is simple - To help people return to more pain free, functional lives.

I specialize in you.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush