

# Argus Orthopaedic Zone

## 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.

**Office Website and Argus Orthopaedic Zone Archive**

I sincerely appreciate all of you loyal readers and patients present and future and welcome all newcomers!

Besides what you read today there is a huge treasure trove of Orthopaedic and musculoskeletal information at [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com). It contains the Website Library, Your Orthopaedic Connection and complete archive of every Argus article I have written.

I specialize in you. Be well.

Dr. Haverbush