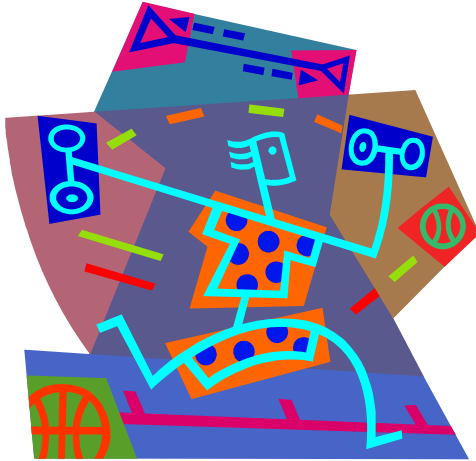


Importance of Exercise:

For people with osteoporosis, resistance training and weight bearing activities such as walking, jogging and aerobics exercise can:

- Relieve pain
- Improve posture, strength and balance
- Reduce the risk of falls
- Slow bone loss



At EntireCare, we have developed a program consisting of an evaluation and treatment including exercise, lifestyle changes, energy conservation and a home program.

*At **EntireCare**, we understand the importance of good health, exercise and daily activity.*

That is why our mission is to improve the health of the people and communities we serve.

With a physician's order most insurance companies will cover some or all of the cost associated with these programs.

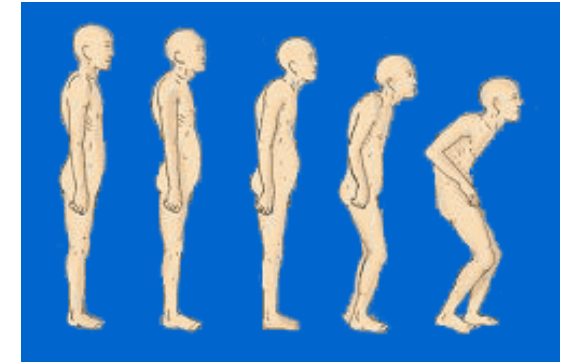
***EntireCare** will be happy to assist you in determining your coverage.*

***EntireCare** is located within Verde Valley Medical Center, 269 S. Candy Lane, Cottonwood, off W. State Route 89A. Please enter through the Outpatient Services entrance.*

For more information contact:



(928) 639-6383



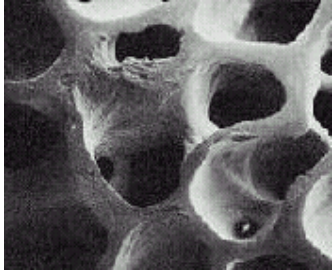
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Osteoporosis: An Emerging Epidemic

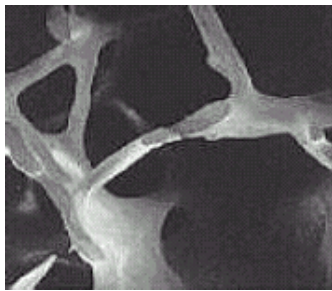


Osteoporosis is the deterioration of bone, leaving it fragile and susceptible to fracture without any form of trauma.

Under a microscope normal bone looks like Swiss cheese, but more cheese than holes.



Osteoporosis leaves huge gaping holes and in severe cases only a thin shell of the bone remains.



54 percent of women 50 years old today are expected to have some type of fracture from osteoporosis during their lifetime.

1,000,000 fractures per year occur from osteoporosis in the United States.

- One half of these were spinal fractures.
- One quarter of these were hip fractures.
- Other common fracture sites are the wrist, shoulder, pelvis and ribs.

Many women who suffer hip fractures never recover sufficiently to return to their homes.

Most important risk factors:

- Females are at higher risk due to lack of calcium and menopause, lack of estrogen after menopause causes bone loss to accelerate
- smoking causes a decrease in your body's production of estrogen even before menopause
- excessive exercise(e.g. marathon running) that leads to menstrual irregularities
- lack of exercise
- being of Caucasian, Asian, or Hispanic ethnicity
- family history of osteoporosis
- excess dietary protein, phosphate and sodium decrease absorption of, and increase loss of calcium, in the urine
- excess caffeine causes loss of calcium in the urine
- regular abuse of alcohol poisons the bone producing cells
- certain diseases, medications and surgeries leave you more susceptible

Talk to your doctor if you have concerns about these risk factors.

Two basic strategies:

1. Build as much bone as possible when you are young.
2. Prevent bone loss as an adult.

Calcium is critical to both of these goals.

The problem is that our bodies absorb calcium so inefficiently, we need to consume a large amount over the course of the day.

How much do you need?

Its never too late to stop calcium-deficient bone loss with calcium supplements.

Women:

- 25-50 years old 1000 mg
- Over 50 (post menopause) taking estrogen 1200 mg
- Over 50 (post menopause) without estrogen 1500 mg
- Over 65 1500 mg

More than 50 percent of women consume less than half the recommended daily allowance for calcium

Men:

- 25-65 years old 1000 mg
- Over 65 1500 mg

Adolescents and young adults

- 11-24 years old 1200-1500 mg

The amount of “elemental calcium” per tablet is what to look for on the label. 500-600 mg daily of elemental calcium is enough to supplement most people’s diet. Never take more than 600 mg of calcium at one time.

Types of calcium supplementation:

- Calcium citrate: More easily absorbed, take with at least 8 oz. of liquid on an empty stomach.
- Calcium phosphate: Take with food and at least 8 oz. of liquid.
- Calcium carbonate (typically derived from oyster shells): Take with food and at least 8 oz. of liquid.

Vitamin D increases the absorption of calcium.

Exposure to sunshine 15 minutes per day assists your body in making vitamin D. There are calcium supplements with vitamin D.