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**Mayfair Internal Medicine, P.C.**

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**OSTEOPOROSIS PREVENTION:**

**What is osteoporosis?**

Lowered bone density; as bone density lowers, it increases risk for bone fractures.

**Risk factors for osteoporosis:**

Female gender  
Petite stature  
Postmenopausal state  
Men with low testosterone levels  
Caucasion or oriental ethnicity  
Sedentary lifestyle  
Insufficient calcium intake  
Vitamin D deficiency  
Cigarette use  
Consistent alcohol intake  
Over active thyroid, or high dose thyroid medication  
Use of glucocorticoids (for example, prednisone)  
Family history of osteoporosis

**How to lower your risk of getting osteoporosis:**

Stop smoking  
Limit alcohol intake  
Drink milk daily (it is a good source of calcium and vitamin D)  
Get enough calcium daily  
    Men and premenopausal women need 1000-1200 mg of calcium daily  
    Women past menopause need 1200-1500 mg of calcium daily  
Get enough Vitamin D daily  
    Men and premenopausal women should get 400-1000 units of Vit D daily  
    Post-menopausal women need 800-1000 units of Vitamin D daily  
Do regular weight-bearing exercise  
    This includes walking, running, aerobics, weight lifting



### **Dietary sources of calcium include:**

	<b>Calcium content (mg)</b>
Milk (skim, low fat or whole) 8 oz	300 mg
Yogurt 6 oz	300 mg
Ice cream, about one cup	300 mg
Cheese, one oz (about the size of a domino)	150- 200 mg
Calcium fortified soy milk, one cup	300 mg
Calcium fortified orange juice, one cup	300 mg
Dried figs, ten	270 mg
Instant oatmeal, one package	160 mg
Package instant oatmeal, made with ½ cup milk	310 mg
Tofu, ½ cup	130 mg
Kale, one cup	90 mg
Broccoli, one cup	60 mg
Spinach, cooked, one cup	270 mg
Collard greens cooked, one cup	250- 350 mg
Almonds, one oz	75 mg
Salmon, canned “traditional style”, 4 oz	200 mg
Sardines, canned, 3 oz	325 mg

For calcium content of other foods, see

<http://www.nal.usda.gov/fnic/foodcomp/Data/SR17/wtrank/sr17w301.pdf>

which is part of the the USDA National Nutritional Database

### **Dietary sources of Vitamin D**

(IU = international units)

Vitamin D is needed for us to absorb Calcium from our foods. Vitamin D is naturally found in very few foods beyond some fish. We recommend a Vitamin D supplement to insure you are getting adequate Vitamin D.

Cod liver oil, 2 tsp	900 IU
Salmon, canned “traditional style”, 3 1/2 oz	370 IU
Mackerel, 3 1/5 oz	345 IU
Catfish, 3 oz	425 IU
Tuna canned in oil, 3 oz	200 IU
Sardines canned in oil 1 ¾ oz	250 IU
Milk, one cup	100 IU

Some cereals are fortified with Vitamin D

(comment – high doses of cod liver oil can cause fatal Vitamin A toxicity, because of the large amount of Vitamin A in that food; therefore large doses, eg more than 3-4 tablespoons daily, of cod liver oil should not be chronically used.)

