

BONE & JOINT HEALTH

Types of Bone and Joint Issues Around the Globe:

Osteoarthritis affects 9.6 percent of men and 18 percent of women over 60 years old worldwide.

Hip fractures come with a 20 percent mortality rate and 50 percent permanent loss in function.

Lower back pain associated with skeletal problems affects 1/3 of the world's population.

Back pain is the second leading cause of sick leave.

Maintain your muscles. An unused muscle can lose 3 percent function daily and lose 30 percent of bulk in one week. Proper diet and adequate exercise contribute to strong, healthy muscles. Muscles protect bones and joints. Build and maintain healthy muscle mass by eating lean proteins and exercising regularly.

Exercise. According to the Mayo Clinic, people who are physically inactive have a higher risk of osteoporosis than do their more-active counterparts. Participate in sports and recreational activities. Proper exercise benefits the entire body, inside and out, physically and chemically.

Quit the soft drink habit. Diets high in carbonated beverages, such as soft drinks and even sports drinks, are associated with significant decreases in bone mineral density.

Cut out smokes and alcohol. People who smoke tend to have lower bone density and higher risk of fractures than those who don't. Those who consume alcohol in large quantities tend to have lower calcium absorption, putting them at increased risk of osteoporosis.

Consult your doctor. Talk to your doctor about how your hormones can affect bone and joint health, especially during major life changes. Thyroids can release improper amounts of hormones, which can cause a loss in bone density. Women often lose bone mass during menopause; men lose bone mass when their testosterone levels are low.

Recommended Exercises for Bone & Joint Health

- Aquatic or pool therapy — offers low-impact range-of-motion exercise
- Yoga — use blocks, belts and cushions to accommodate gentle stretches
- Strength training — strengthens muscles and the skeletal system
- Tai chi — low-impact activity emphasises breathing and muscle focus

did you know?

- Musculoskeletal disorders are the most common cause of severe long-term pain and physical disability.
- Hundreds of millions of people around the world experience pain from joint and musculoskeletal problems.

EAT RIGHT

Get your vitamins and minerals.

Omega-3 Ca Vit D

Lean proteins support healthy muscles.

Supplementing glucosamine, a natural compound found in healthy joints, is common for patients with osteoarthritis.

EXERCISE

Build muscle to support bones and joints.

Lose weight to relieve stress.

TALK TO YOUR DOCTOR ABOUT BONE & JOINT HEALTH

Have hormone levels checked especially during life changes

Doctors recommend cutting out processed sugar.

Nicotine, sugar and alcohol all contribute to a loss in bone density.

Doctors recommend axing smoking and alcohol.

