

# BONE & JOINT HEALTH

## Bone & Joint Health Tips

**Eat vitamin-rich food.** Ensure your diet contains a variety of colourful vegetables. Drink fortified milk to get enough calcium and vitamin D, which work together to maintain a healthy skeletal system. Omega-3 fatty acids have anti-inflammatory properties and can affect bone formation and the rate at which bones can be broken down.

**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 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 booze.** 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 hormone, 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.

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 4–33 percent of the world's population.

Back pain is the second leading cause of sick leave.

Types of Bone and

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.

## 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

## EAT RIGHT

## EXERCISE

Get your vitamins and minerals.  
O-3 Ca Vit D

Lean proteins support healthy muscles.

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

Build muscle to support bones & joints.

Lose weight to relieve stress in frame.

## 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 & booze.



