



Back Column

Pinnacle Physical Medicine & Rehab
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November 2005

Osteoporosis: Building Better Bones

What is osteoporosis?

Osteoporosis (literally, porous bone) silently and painlessly weakens the bones of 25 million Americans. Previously sturdy bones gradually become thin and fragile, their interiors soft and spongy. As a result, bones break, giving rise to the term *brittle bones*.

Osteoporosis may cause as many as 1.3 million fractures a year. Hip fractures can be both disabling and deadly. Spinal fractures, on the other hand, are often painless, but can rob a person of two to eight inches of height. The resultant spinal curvature is the source of dowager's hump.

How does osteoporosis develop?

Normal bones continue to increase in strength and thickness until around age 35. Then process gradually reverses itself, and small amounts of bone are being lost each year. This loss accelerates in women after menopause and can continue for 7 to 12 years. When risk factors are present, bone

loss occurs even faster, and osteoporosis may develop. Although usually considered a disease of older women, 20 percent of victims are men.

How can I tell if I have it?

Without professional help, you can't—not until you fracture a bone or start shrinking in height, and that's quite late in the disease. Earlier diagnosis is best done by a physician. If you are middle-aged or older and have two or more of the following risk factors, you should be tested:

- *sedentary lifestyle*
- *early menopause*
- *chronic use of corticosteroids*
- *cigarettes, caffeine, or alcohol use*
- *standard American diet high in animal protein, salt, and phosphoric acid*

Lean Caucasians and Westernized Asians are more susceptible than other races, probably because they have smaller bones.

What can be done to treat this disease?

- If you smoke, stop!
- Exercise.
- Take Calcium supplements.
- Reduce the amount of animal protein, salt and caffeine in your diet. Osteoporosis is a rather complex disease largely related to our dietary lifestyle. The Standard American Diet, high in animal protein, salt, phosphorus (found in meat and certain soft drinks), and caffeine, causes calcium to be leached from the bones and excreted in the urine. These lifestyle-induced calcium losses seem to override any amount of calcium consumed or swallowed. The body "spends" calcium as it processes animal protein, salt, and caffeine. When there is not enough calcium available in the diet, it "borrows" from another source—bones. The Western diet provides two to three

times the Recommended Daily Allowance of protein. At the same time, it provides 10 to 20 times more salt than the body requires. At this level it is almost impossible to get enough calcium to balance the losses. Slowly over the years the bones become brittle and weak. The solution is not just to take more calcium, but to eat less protein, salt, and caffeine. This allows the body to conserve the calcium already stored in the bones. Try to cut down on calcium-robbing, high-protein meats and dairy products. Instead, look to lower protein sources of calcium found in whole grains, dark-green leafy vegetables, and beans. Check out page three also for information on calcium supplements. You *can* prevent osteoporosis!

Source: *An Ounce of Prevention*
by Drs. Hans Diehl and Aileen Ludington





Welcome New Patients

Here are the new patients that became members of our practice recently! We'd like to welcome you publicly and wish you all the best!

Teddie Pyke (referred by Dr. Orquia-thanks!)

Cheryl Stevens

Reed Richardi

Norma Roberts

Ron Bishop (referred by Rhonda Swaney—thanks!)

Josh Shultz

Leanne Barto (referred by Dr. Moody—thanks!)

Ivelisse Alvarez

David Barto (referred by Leanne Barto-thanks!)

Louise Holder (referred by David Henderson-thanks!)

Henry Showalter

Linda Howe (referred by Dr. Orquia-thanks!)

Thanks to all of our friends who referred patients to us. We want to say "thank you" in a special way. For each person you refer that becomes a patient, we give a "referral reward". Ask Diane how you can receive an extra bonus for sharing the good news about chiropractic.

Healthy Habit: Eat Plenty of Produce and Whole Grains

In many countries, meat is a garnish. The traditional Chinese diet, for example, consists primarily of vegetables, fruits, and whole grains. And in Greece, "vegetables and legumes are main meals, not just side dishes," says Antonia Trichopoulou, M.D., Ph.D., professor at the University of Athens Medical School and director of the World Health Organization's Collaborating Center of Nutrition.

Research finds that three servings or more a day of produce can lower the risk of stroke, heart disease, and some cancers. Harvard University's Nurses Health Study, for example, which examined almost 85,000 women over 12 to 14 years, found that those who ate the most fruit and vegetables had a 20 percent lower risk for heart disease.

The new USDA guidelines recommend we eat between five and 13 servings of fruit and vegetables a day, and we're starting to hear the message. The average American consumed roughly 332 pounds of fresh produce in 2004, up from 287 pounds in 1990. Plus, with the growth of America's farmer's markets, the introduction of Consumer Supported Agriculture, where community members buy produce from local farmers each month, and home delivery from many supermarkets, opportunities for Americans to have fresh produce about.

What you can do: Try to fill two-thirds of your plate with produce and whole-grain foods, and the remaining third with fish or meat. Also, challenge yourself to put as many colors as possible into your meal. Or go on a fruit exploration: Try one new type of fruit from your local market each week. Enjoy!

Source: *Cooking Light*, August 2005





Diane's Recipe Corner

Basil-Garlic Bread

STIR together 1/4 cup melted Earth Balance butter, 1 teaspoon dried basil, and 1/4 teaspoon garlic powder. Cut a 6-ounce Italian bread loaf (homemade or store-bought) in half horizontally; brush cut sides evenly with butter mixture. Wrap loaf in aluminum foil, and bake at 350° for 10 minutes or until thoroughly heated. Enjoy!

Source: *Southern Living*, September 2005



Healthy Diet Tip of the Day

*Protein is an essential component of a healthy diet, but we eat too much of it, especially animal protein, and that can be harmful (higher fat and cholesterol in your diet, for example).

Source: *An Ounce of Prevention* by Drs. Hans Diehl and Aileen Ludington

Question of the Month:

How can you tell if you have Osteoporosis?

- By looking in the mirror
- By feeling how hard your bones are.
- By being diagnosed by a physician

The first patient to call with the correct answer will win a FREE bottle of Bio-Freeze (once per patient, please). The answer to last month's question was:

C. Spinal Health Month.
Donna Petree answered the question right. Congratulations, Donna!

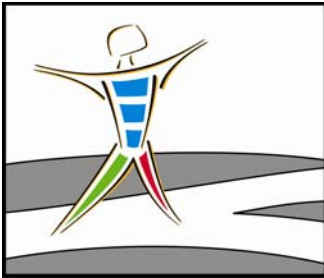
Our **Patient of the Month** for November is **Peggy Fulmer**.

Congratulations! **Peggy** will receive a free half-hour massage. A random number is picked each month so everyone has a chance to win!!

A Calcium Supplement for You

Calcium Microcrystalline Hydroxyapatite, provided by **Douglas Laboratories**, supplies 250 mg of elemental calcium from 1,000 mg of microcrystalline hydroxyapatite (MCHC), a bioavailable source of calcium derived from whole bone. The adult human body contains approximately 1,200 g of calcium, about 99% of which is present in the skeleton. Bone is constantly turning over, a continuous process of formation and resorption. In children and adolescents, the rate of formation of bone mineral predominates over the rate of resorption. In later life, resorption predominates over formation. Therefore, in normal aging, there is a gradual loss of bone. Osteoporosis, a condition of reduced bone mineral density that can increase risk of fractures, affects a large proportion of the elderly in developed countries.

Caucasian and Asian women typically have low peak bone densities, and therefore, are at the greatest risk of developing osteoporosis. It is generally accepted that obtaining enough dietary calcium throughout life can significantly decrease the risk of developing osteoporosis. Among other factors, such as regular exercise, gender and race, calcium supplementation during childhood and adolescence appears to be a prerequisite for maintaining adequate bone density later in life. But even elderly osteoporotic patients can benefit significantly from supplementation with dietary calcium. **Calcium Microcrystalline Hydroxyapatite** provides a highly beneficial source of dietary calcium together with other nutrients that assist in the maintenance of healthy bone structure and function. For example, boron affects the composition, structure, and strength of bone. It appears to be necessary for calcium and magnesium absorption, their adequate renal reabsorption, and their incorporation into the bone matrix. Boron is absorbed at about 90% efficiency and is rapidly distributed among the tissues. **Calcium Microcrystalline Hydroxyapatite** tablets, which we carry here at Optimum Health Clinic, may be a useful dietary supplement for individuals who wish to increase their intake of calcium and other nutritional factors for the maintaining of healthy bone function. Ask Dr. Showalter about it today! Source: *Douglas Laboratories*



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***The articles in this newsletter are not meant to be or replace medical advice; they were written for information purposes only. Before doing anything seek the advice of your Medical Doctor or talk with Dr. Showalter.**

Once again...it's time to collect canned goods for

Those in need in our...

“Can-Paign for the Community”



Through the month of November, we'll once again have a can-paign in which all the proceeds will be given to the Samaritan Center in Ooltewah.

For *existing* patients– Bring in a minimum of 20 canned goods to get a free adjustment in November (once per patient please)

For new patients bring 20 cans and get a first visit for \$29*

(includes consultation, exam and x-rays, if needed)

***This offer does not apply to workers compensation and personal injury cases**