

BONE HEALTH & *Sunshine*



**• MORE THAN 1 IN 3
• MEN 60 YEARS AND
• OLDER WILL FRACTURE
• (BREAK) A BONE DUE
• TO OSTEOPOROSIS.**

OSTEOPOROSIS

Osteoporosis means ‘porous bones’. It is a progressive bone disease characterised by a decrease in bone mass and density and an increased risk of fracture. Osteoporosis fractures can be reduced with lifestyle changes and, for people who have previous osteoporosis related fractures, medications. Lifestyle changes include a nutritious diet with foods rich in calcium, regular exercise and preventing falls.

A healthy, calcium-rich diet and weight bearing exercise throughout life can help prevent osteoporosis and minimise the risk for osteoarthritis.

Food sources high in easily absorbable calcium include:

- Dairy foods
- Broccoli, cucumber, celery, chickpeas
- Nuts and seeds

VITAMIN D

Vitamin D is produced when skin is exposed to ultraviolet B (UVB) light from the sun. It regulates the body’s calcium metabolism, so sufficient vitamin D is crucial. Some Aussies are deficient in this important vitamin, but you can do your bit to keep levels up:

- Eat foods high in vitamin D such as oily fish, liver, mushrooms, eggs, pumpkin seeds and dairy products
- Get some sun on your skin daily (of course responsibly)
- Take a supplement if needed as directed by your health practitioner – they are usually combined with calcium

MORE INFORMATION
www.osteoporosis.org.au
www.cancer.org.au/vitd