

Health & Fitness

Are you at risk for osteoporosis?

Osteoporosis is a disease in which bones become fragile and more likely to break. It mainly affects females with small bone structures, who are past menopause and who have low calcium diets. Do you fall into any of the risk factor categories?

Age: The older you are, the greater your risk for osteoporosis. Your bones become less dense and weaker as you age.

Gender: Your chances of developing osteoporosis are greater if you are a woman. Women have less bone tissue and lose bone more rapidly than men because of the changes involved in menopause.

Body size: Small, thin boned women are at greater risk.

Ethnicity: Caucasian and Asian women are at higher risk. African-American and Hispanic women have lower, but still significant risk.

Family history: Susceptibility to fracture may be, in part, hereditary. People whose parents have a history of fractures also seem to have reduced bone mass and may be at risk for fractures.

Menopause: Normal or early menopause (brought about naturally or because of surgery) increases your risk of developing osteoporosis. In addition, women who stop menstruating before menopause because of conditions such as anorexia or bulimia, or because of excessive physical exercise, may also lose bone tissue and develop osteoporosis.

Lifestyle: Cigarette smoking, consuming too much alcohol, consuming too little calcium, getting little or no weight-bearing exercise increases your chances of developing osteoporosis.

Medications/Chronic Diseases: An often-overlooked risk factor in the development of osteoporosis is the use of certain medications to treat chronic medical conditions. Medications to treat disorders such as rheumatoid arthritis, endocrine disorders (ie, underactive thyroid), seizure disorders and gastrointestinal diseases may have side effects that can damage bone and lead to osteoporosis. For many people, these are life-saving or life-enhancing drugs, and their use may be the only way to achieve a better quality of life. It's important to discuss the use of these medications with your doctor or pharmacist and not stop or alter your medication dose on your own.

Osteoporosis is largely preventable for most people. Prevention of this disease is very important because, while there are treatments for osteoporosis, there is currently no cure. Calcium plays an important role in maintaining bone. Calcium alone cannot prevent or cure osteoporosis, but it is an important part of an overall prevention or treatment program.

The best way to increase the amount of calcium in your diet is to eat calcium-rich foods like low-fat milk, cheese, tofu, salmon, collard greens, broccoli and others. Many foods are fortified with calcium and are readily available and affordable. Foods like orange juice, cereals and breakfast bars have calcium added to them, so it is easier than ever before to con-

sume the recommended level of calcium for every age. Having extra calcium in a variety of foods also makes it easier for parents who are trying to ensure that their adolescent daughters, especially, are getting enough calcium.

Another easy and economical way to boost the calcium content of many meals is to add nonfat powdered dry milk to puddings, homemade cookies, breads or muffins, soups, gravy, casseroles and even a glass of milk. A single tablespoon of nonfat powdered dry milk adds 52 mg of calcium, and 2 to 4 tablespoons can be added to most recipes.

Your body needs Vitamin D to absorb calcium. The recommended daily allowance of Vitamin D is 400-800 IUs. Good sources of Vitamin D include: sunshine, cod liver oil, multivitamins, liver, milk fortified with Vitamin D and egg yolks.

If you are unable to get enough calcium through your diet, your doctor or pharmacist can recommend an appropriate calcium supplement. Since there are several different types of calcium and a variety of supplements available, you should discuss the choice of calcium with your health care provider.

Your body prefers small amounts of calcium throughout the day. Avoid consuming more than 500-600mg of elemental calcium at one time. This may mean you need to take 2-3 times during the day. **Iron and calcium supplements should not be taken at the same time because they interfere with each other's absorption.**

Exercise is another key factor in helping prevent osteoporosis. Bone is living tissue that responds to exercise by becoming stronger. If your bones are not called upon to work, they do not receive any messages that they need to be strong. A lack of exercise, especially as you get older, can contribute to weaker bones.

Two types of exercises are important for building and maintaining bone strength: weight bearing and resistance exercises. Weight-bearing exercises are those in which your bones and muscles work against gravity. This is any exercise in which your feet and legs are bearing your weight. Jogging, walking, dancing and soccer for instance.

Swimming and bicycling are not weight-bearing exercises.

The second type of exercises are resistance exercises or activities that use muscular strength to improve muscle mass and strengthen bone. These activities include weight lifting, such as using free weights and weight machines.

Most weight bearing and resistance exercises place health demands on bone. Daily activities and most sports involve a combination of these two types of exercises. Thus, an active lifestyle filled with varied physical activities strengthens muscles and improves bone strength as well.

Adequate calcium, vitamin D, and appropriate exercise are important parts in the prevention

of osteoporosis. In some cases, medications are important for maintaining bone health. Currently, Fosamax, Actonel, and Evista, are approved by the US Food and Drug Administration (FDA) for the prevention and treatment of postmenopausal osteoporosis. Miacalcin, is approved for treatment only. Estrogen Replacement Therapy (ERT) is approved for the prevention and management of osteoporosis. ERT has been shown to reduce bone loss, increase bone density in both the spine and hip and reduce the risk of hip and spinal fractures in postmenopausal women. **If you are taking prescription medications to prevent or treat osteoporosis, adequate calcium intake is essential.**

Consult your health care provider for more information about the prevention or management of osteoporosis. If you have any questions about the information provided in this article, call Larry L. Mellott, R.Ph., at (610) 367-8641 with any questions. Bause's Super Drug Store is located

in downtown Boyertown, at 42 E. Philadelphia Avenue. Bause's is open from 9 a.m. - 9 p.m. Monday thru Friday, 9 a.m. - 5 p.m. Saturdays and 9 a.m. - 2 p.m. Sundays.

Recommended Calcium intakes:

Ages	Amt. mg/day
Birth - 6 months	210
6 months - 1 year	270
1-3	500
4-8	800
9-18	1300
Women:	
25-50	1000
over 50 with estrogen	1000
over 50 with no estrogen	1000
over 65	1500
pregnant & nursing	1200
Men:	
25-65	1000
Over 65	1500

The Clear Choice...

For Good Vision
✓ **OUR PRICES!**

COMPLETE EYEGLASSES

\$49⁰⁰
Single Vision

\$69⁰⁰
Bifocals

Complete Eye Exams At A REASONABLE Fee

CONTACT LENSES STARTING AT ONLY \$60⁰⁰ /PAIR

- Eye Exams • Contact Lenses • Prescriptions Filled
- Fashion Frames • Low Prices • HMO Provider

BOYERTOWN VISION CENTER

135 North Reading Avenue, Boyertown

KEITH REITNAUER
OPTICIAN

(610) 367-2140

DR. EDWARD FURMAN
OPTOMETRIST

Complete care of the foot & ankle.



Foot & Ankle Health Group, P.C.

John P. Dahdah*
Mark E. Wintersteen

Therese M. Rinaldi*
Scott R. Samuelson*

* Certified American Board Of Podiatric Surgery

- Preventive Foot Care
- Corrective Surgery
- Sports Medicine

- Emergencies
- Diabetic Foot Care
- Children's Foot Disorders

Most Insurances & Medicare Accepted
Day & Evening Appointments

933 N. Charlotte St., Pottstown • (610) 326-4367 • 6 E. Philadelphia Ave., Boyertown • (610) 369-0606
2093 E. High St., Pottstown • (610) 326-3338 • 67 S. Lewis Rd., Royersford • (610) 948-8585

NOTICE



**ROYER OPTICAL
NEW HOURS**

Mon., Thurs. 9:00-6:30,
Tues., Wed., Fri.
9:00-5:00
Sat. 9:00-2:00

- PRESCRIPTION FILLED • COMPLETE REPAIR SERVICE
- SOLDERING • 1-HOUR EMERGENCY SERVICE (In Most Cases)
- We Now Do Eye Exams and Contact Lenses

"Since 1957" **DRIVE A LITTLE...SAVE A LOT**

ROYER OPTICAL
59 N. Charlotte St.
Pottstown
610-323-1250



BAUSE'S SUPER DRUG STORE
"Serving Boyertown Since 1935"
42 E. PHILADELPHIA AVENUE, BOYERTOWN, PA 19512
PHONE: 610-367-8641 FAX: 610-369-0945

WINDMILL HEALTH PRODUCTS

BUY 1 GET 1 FREE
ON SELECT WINDMILL ITEMS

compare & save

When you compare a Windmill™ formula to a national brand equivalent, you can be sure you are getting the same formula with Windmill's high quality at fantastic price savings!

Sale effective through October 3, 2001

HEARING AIDS

We have supplied Aids to many folks' parents, grandparents and great-grandparents.

We would like to supply yours.

- Free House Calls
- Free Trials
- Lowest Prices - Just Compare

STONE'S HEARING AID SERVICE
51 HIGH ST., POTTSTOWN
610-326-1250
On High St. in Pottstown for 116 Years

FEELING STRESSED? IN PAIN?

LEWIS CHIROPRACTIC
"Gentle, Professional Care"

1200 E. HIGH STREET, SUITE 101 • POTTSTOWN • 610-326-5010

Scheduled Appointments Mon. thru Sat.
MOST INSURANCE WILL PAY FOR MASSAGE

Amerihealth, Workman's Comp., Auto Insurance Claims, Blue Cross Blue Shield, Personal Choice, Aetna

DEEP TISSUE - releases the chronic patterns of tension in the body through slow strokes and deep pressure on the contracted areas.

REFLEXOLOGY - is organized around a system of points on the hands and feet that correspond, or reflex, to all areas of the body.

MYOFASCIAL RELEASE - slow deep strokes affecting the connective tissues of muscles.

SWEDISH MASSAGE - uses a system of long strokes, kneading, friction, percussive and vibration techniques on the more superficial layers of muscles.

\$35⁰⁰
For An Hour Massage
With this coupon. Expires 10/9/01

FREE
Chiropractic Exam & Consultation
New Patients Only (\$75 Value)
With this coupon. Expires 10/9/01

NEW PATIENT SPECIAL

Only **\$79.00**
(Reg. \$120.00)

Exam • Cleaning and 4 Bitewing X-Rays

Hometown Dental Care
1064 Memorial Highway
Oley, PA 19547

Damon V. Tomeo
D.M.D.
1985 graduate of Oley Valley High School

Telephone: (610) 987-8008
Emergencies: (610) 856-3669

Blue Cross/Blue Shield & Delta Dental Provider

Professional

Professional Pharmacy & Convalescent Products, Ltd.

- Low Priced Prescriptions Everyday
- Computerized Records & Safety System
- Accepting Over 60 3rd-Party Rx Plans
- Let Us Bill Your Major Medical Claims

OXYGEN **WALKERS** **WHEELCHAIRS** **HOSPITAL BEDS** **COMMODOES**

Open Over 100 Hours A Week To Serve You.
Equipment Sales • Rentals • Service

- Mastectomy Products • Ostomy Supplies • Oxygen
- Braces • Trusses • Blood Glucose Monitors
- Surgical Stockings • Walkers • Commodes • Wheelchairs

WE BILL MEDICARE WHERE ELIGIBLE
800-371-2300

Joint Commission
an Accreditation of Healthcare Organizations

SCOUT MI CONVERTIBLE POWER WHEELCHAIR
\$3995⁰⁰

M-F 7:30-10 SAT/SUN. HOLIDAYS 9-10 M-F 8-9:30, SAT. 9-9, SUN. 9-7, HOLIDAYS 9-5

POTTSTOWN
610-323-2115
920 N. CHARLOTTE ST.

PENNSBURG
215-679-9700
931 MAIN ST.