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Are you serving up bone strength?

It’s World Osteoporosis Day (20 October) and the best thing you can do for your bones is to serve up bone strength with a nutritional diet.

The Sunshine Coast Hospital and Health Service is encouraging the community to take responsibility for their bone strength by ensuring sufficient intake of calcium, vitamin D and protein, along with other micronutrients crucial to bone health.

Endocrinologist Dr Chellamuthu Chandrasekar said with more than 200 million people affected worldwide, it was important to start building strong bones early in life.

“They say we are what we eat, and that’s also true for our bones,” Dr Chandrasekar said.

“Bones are formed of living tissue that undergoes a process of constant renewal throughout life. They need the right nutrients to stay strong and healthy.

“This means eating a balanced diet containing enough calcium, vitamin D and protein as well as other micronutrients like vitamin K, magnesium and zinc, to reduce the risk of osteoporosis,” he said.

Dr Chandrasekar said the size and amount of bone contained in the skeleton changed significantly throughout life, which meant that as we age the specific nutritional needs of our skeleton change too.

“Building strong bones starts early in life and healthy nutrition is a key ingredient in helping to achieve peak bone mass, and maintaining it throughout life,” Dr Chandrasekar said.

“The good news is that if you control the osteoporosis risk factors, eat a nutritional diet and comply with treatment regimens where prescribed, you can live a mobile, independent, fracture-free life for longer.

“There are other ways you can improve your bone health, like weight bearing physical activity, limiting alcohol intake and not smoking,” he said.

For more information on how to serve up bone strength, visit http://www.worldosteoporosisday.org/

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