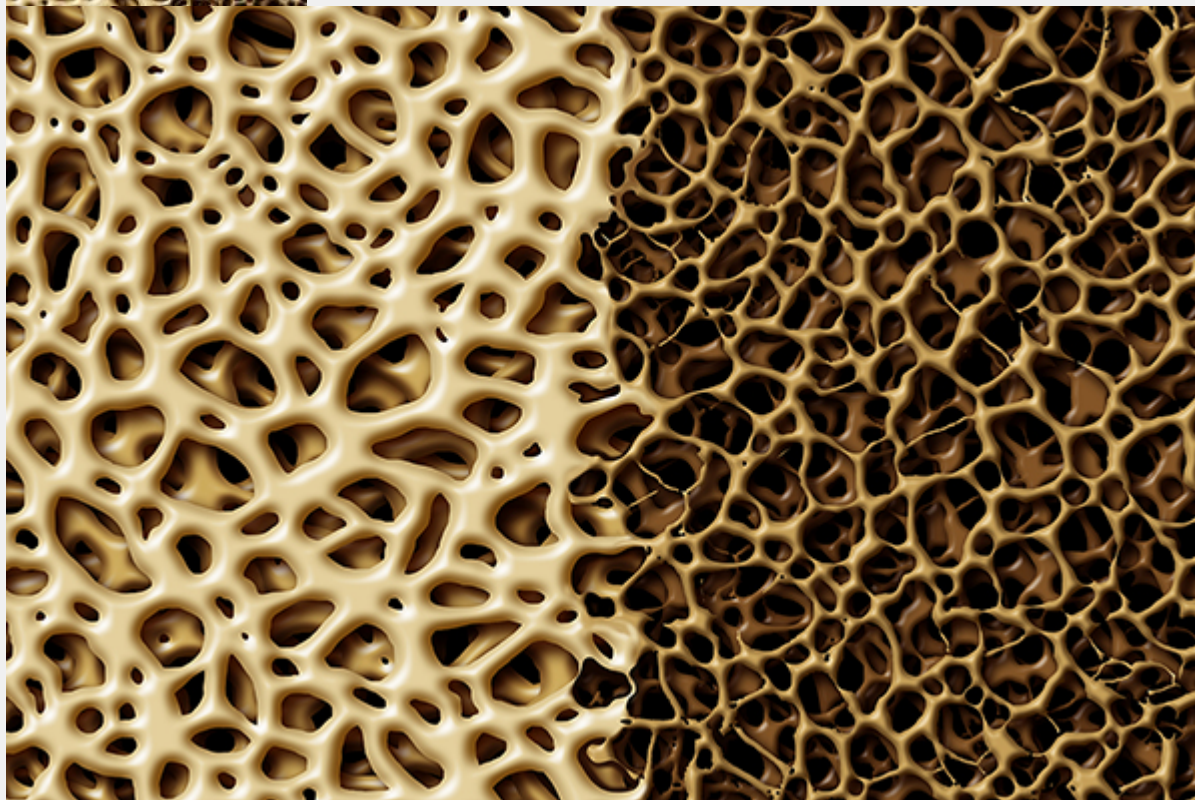
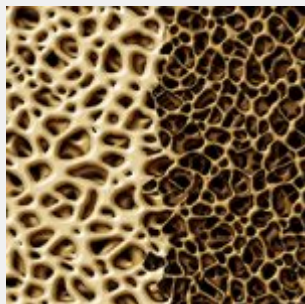


Ask Leyla: MNT for Osteoporosis



Q: I am a 77-year-old woman. On recent bone density test, lumbar spine results range from -2.0 at L4 to -2.9 at L2; left femur neck -2.9, right femur neck -2.6; left forearm -2.6.

Can nutritional therapy alone address this, or am I relegated to pharmaceuticals?

A: Whether you're having to take bisphosphonates like Fosamax, Actonel or Boniva or not, the importance of nutrition therapy cannot be overstated.

First, after a thorough assessment of risk factors like nutritional deficiencies such as vitamin D, magnesium, and DHEA; weight status; metabolic abnormalities; and use of prescription and OTC medications, determining your intake of high biological value protein is essential.

Older individuals need **twice as much protein** to minimize the incidence of sarcopenia and by association, osteopenia/osteoporosis. Healthy muscle and bone turnover and *retention* require it. Unfortunately, decreases in appetite occur with advancing age, making low protein intake a primary risk factor for poor muscle and bone health, leading to falls and subsequent bone fracture.

Weight training and balance exercises keep you strong and keep fragility at bay. Such exercise should be a part of your daily life, incorporating resistance exercises three times a week for optimal lean body mass retention. *Please check with*

your doctor before beginning an exercise program.

This is not as simple as taking more calcium. A qualified nutritionist can provide the appropriate medical nutrition therapy to help replete nutritional deficiencies based on your biochemistries, address any metabolic challenges and provide an exercise prescription.

To your health!

Leyla Muedin, MS, RD, CDN