

Be Kind to Your Spine . . . Understand Osteoporosis

As we age, the issue of osteoporosis becomes more of a “top-of-mind” concern. Care of our spine should start much sooner, however, than when the doctor prescribes bone-strengthening medications. The earlier we care for our spines, the stronger we’ll be in the future!

Here are some ways you can care for your spine starting now:

- Eat a well-balanced diet.
- Do weight-bearing and resistance exercises...these will make your bones stronger. Be sure to talk with a physician prior to beginning any new fitness plan.
- Don’t smoke.
- Drink alcohol only in moderation. Heavy drinking weakens bones.
- Talk to your doctor about bone health.
- Get enough Calcium and Vitamin D in your daily diet.



Are you confused about what “enough Calcium and Vitamin D” means?

Calcium is the building block of bones. Your recommended daily intake changes as you age:

- 19 to 49 years = 1,000 mg
- 50+ years = 1,200 mg

Vitamin D allows Calcium to be absorbed by your bones. Like Calcium, your recommended daily intake changes as you age:

- Under 50 = 400-800 IU
- 50+ years = 800-1,000 IU

For more information, visit northfultonregional.com/spine.