

Healthy Bone Program Patient Education:

Contact us if you have any questions:

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Lifestyle Changes:

- **Calcium** – a diet rich in calcium is needed to keep bones strong, men need 1000/mg day and women need 1200mg/day. Great sources of calcium are dairy products like yogurt, cheese, orange juice, and green leafy vegetables. Over the counter supplementation may be needed if you aren't getting enough calcium through your diet.
- **Vitamin D** – is needed to help the body use calcium. Exposure to the sun for 5-15 minutes each week is not always enough. Supplementation is sometimes needed to either maintain adequate Vitamin D levels or achieve optimal levels.
- **Exercise** – plays a vital role in maintaining bone health. Thirty minutes of weight bearing exercises 3-4 times each week is a good goal.
- **Smoking** – current smoking use increases your risk of osteoporosis. There are smoking cessation programs in the Baton Rouge area, and some are free if you meet certain qualifications.
- **Alcohol** – excessive alcohol (>3 drinks per day) increases your risk of osteoporosis. Decreasing alcoholic intake lowers your risk of falls.
- **Fall prevention** – preventing falls reduces the risk of having fractures. Creating a My Mobility Plan can help guide you in fall prevention. Balance therapy/gait training may also help.