

Brostrom Physical Therapy

Osteoporosis

From the Desk of: Kathleen Dobbie, PT, DPT

Osteoporosis means "porous bone." It is a disease that occurs when the body loses too much bone, makes too little bone, or both. This causes the bones to become weak and brittle. As a result, individuals with osteoporosis are at a higher risk of fractures (bone breaks) following a fall, bumps, or even sneezing (in severe cases). According to the National Osteoporosis Foundation, it is expected that one in two women and one in four men over the age of 50 will break a bone due to osteoporosis.

Osteoporosis can be very serious and greatly hinder mobility and independence. Bone breaks in individuals with osteoporosis are most likely to occur in the hip, spine, and/or wrist. Unfortunately, many individuals don't know that they have osteoporosis until an actual break occurs.

There are also medical conditions and medications that can increase an individual's likelihood of getting osteoporosis. Therefore, the best recommendation is to talk with your healthcare provider about the risks and benefits of any medication you are taking.

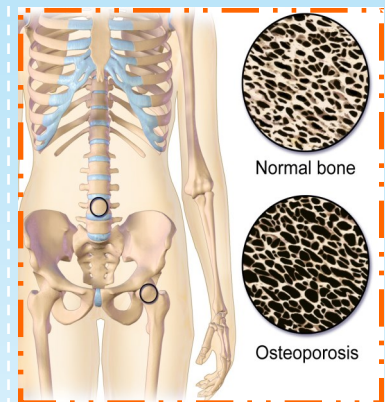
While osteoporosis can be treated it is **not** a normal part of aging and therefore can be prevented. It is very important to protect your bones from a young age. In order to do so, it is recommended to:

- ◆ Eat a well balanced diet
- ◆ Get enough vitamin D and Calcium
- ◆ Eat fruits and vegetables, that are good for bone health
- ◆ Engage in regular exercise (as approved by your Physician)

Minimizing an individual's risk of falls will also reduce the detrimental effects of osteoporosis. Those include, but are not limited to:

- ◆ Using a walker or cane if needed
- ◆ Using handrails on stairs
- ◆ Wearing appropriate footwear
- ◆ Keep your pathway clear of clutter or debris
- ◆ Turn on lights when walking in dark spaces
- ◆ Keep items within easy reach

Getting an early diagnosis is important because osteoporosis can be prevented and treated. There are tests, such as a bone mineral density test, to determine the strength of your bones. Contacting your physician with questions or concerns is recommended because early intervention can greatly reduce an individual's risk of fractures and further complications.



Quote of the Month:

"The way to gain a good reputation is to endeavor to be what you desire to appear."

~ Socrates

References:

NOF. (2016). What is osteoporosis and what causes it?. In *National Osteoporosis Foundation*. Retrieved from <https://www.nof.org/patients/what-is-osteoporosis/>

Mayo Clinic Staff. (2016, July 6). Osteoporosis. In *Mayo Clinic*. Retrieved from <http://www.mayoclinic.org/diseases-conditions/osteoporosis/home/ovc-20207808>

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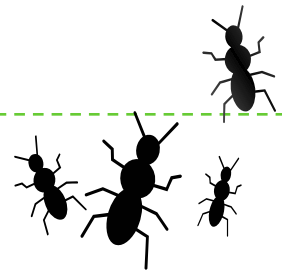
Signs of Dehydration:

- ◆ Dry mouth
- ◆ Thirstiness
- ◆ Lack of sweat
- ◆ Muscle cramps
- ◆ Nausea and vomiting
- ◆ Lightheadedness (especially when standing)
- ◆ Weakness
- ◆ Decreased urine output



How to stay Hydrated:

- ◆ Drink lots of water!
- ◆ Avoid long exposure to sun or heat
- ◆ Pay attention to your fluid loss



"When the well is dry, we know the worth of water."

Benjamin Franklin

Recipe of the Month— Zucchini and Spinach Lasagna

Ingredients:

- ◆ 1 (8-oz) container whipped chive and onion cream cheese
- ◆ 1 (15-oz) container ricotta cheese
- ◆ 1/3 cup chopped fresh basil
- ◆ 1 teaspoon salt
- ◆ 5 medium zucchini, thinly sliced
- ◆ 2 tablespoons olive oil
- ◆ 1 (10-oz) package fresh spinach
- ◆ 2 garlic cloves, pressed
- ◆ 6 no-boil lasagna noodles
- ◆ 1 (7-oz) package shredded mozzarella cheese
- ◆ Garnish: fresh basil leaves.



Preparation:

- ◆ Preheat oven to 425°F. Mix together cream cheese, ricotta cheese, fresh basil, and salt.
- ◆ Sauté zucchini in hot oil in a large skillet over medium-high heat for 3-4 minutes (or until lightly browned). Add spinach and gently toss until wilted. Add garlic; cook 1 minute.
- ◆ Spoon 1/3 of zucchini into a lightly greased 9-inch square baking dish. Top with 2 noodles and 1/3 of mixture made in step 1. Repeat twice, and sprinkle with mozzarella.
- ◆ Bake, covered lightly with aluminum foil at 425°F for 25-30 minutes or until bubbly and noodles are tender. Uncover and bake for 5-10 minutes or until golden. Let stand for 10 minutes; garnish if desired.

With credit to: <http://www.myrecipes.com/recipe/zucchini-and-spinach-lasagna-50400000114564/>

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