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FACTS about OSTEOPOROSIS

Osteoporosis is a systemic disease of the skeleton, characterized by a reduction of bone mass and mechanical deterioration of bone structure.

- 1 in 4 women over 50 years and 1 in 8 men over 50 years has osteoporosis. (1)
- Women's mortality rates from osteoporotic fractures are greater than the combined mortality rates from cancer of the breast and ovaries. (2)
- Osteoporosis is usually asymptomatic until a fracture occurs. (3) 20% of women and 54% of men who fracture a hip die in less than one year. (4) Fracture risk is high with osteoporosis. In the UK, hip fractures account for about 50% of total cost of fractures. (5)
- Peak bone density is reached at approximately 29 years of age. (6) High bone mass developed before 35 years helps reduce osteoporosis risk. (7) For 10-year adults with low back pain of osteoporotic origin, doctors are advised to look for osteoporosis as the cause. (8)

NUTRITION & LIFESTYLE

Osteoporosis has a multi-factor etiology. It is one of those diseases influenced by nutrition and lifestyle, over-exercising by means of sedentary activities and sufficient activity. (9)

Research shows that low intensity exercise is preventative for osteoporosis. (10) Sleep is important. Poor sleep quality may be associated with osteoporosis. (11)

The risk of osteoporosis decreases with increases in calcium and vitamin D levels and in the calcium:parathyroid ratio. (12) Vitamin D increases calcium absorption in the gastrointestinal tract. 800 IU per day is recommended for persons over 50 and 4000 IU per day for persons over 65 years. (13)

Calcium intake shows bone loss by 45%. (14) A calcium intake of 700 mg to 1200 mg a day is recommended. (15) Calcium absorption efficiency declines with age. (16) Long-term calcium needs to decrease calcium absorption and retention of absorbed calcium. (17)

A focus of taking calcium supplements is a decrease in carotid artery atherosclerosis. (18)

There is hope for osteoporosis in all individuals.

Information gathered and shared by Cox® Technic Resource Center, Inc. Information available at: www.coxtrc.com/healthcare/osteoporosis.html

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Formula #2
Non-Phosphorus Calcium Citrate with Magnesium and Vitamin D3

for bone health, for osteoporosis prevention and management