Nutrition and Spinecare

Nutrition and Osteoporosis

Nutrition and Osteoporosis

Osteoporosis is a disorder of bone characterized by thinning and weakening of the bone. The bone thinning results in weakness of the bone and increase risk for fracture. Osteoporosis is produced by an imbalance between the formation and re-absorption of bone. The bone is taken away quicker than it is laid down. This process is influenced by many factors, which include genetics, hormone influences, lack of exercise and nutritional deficits.

Bone remodeling (formation and re-absorption) is a continuous restoration process of the bone which prevents the accumulation of microfractures and helps the bone to adapt to the stresses placed upon it. For example, weight bearing bone becomes denser than non-weight bearing areas of bone. A good example is the bones of the hips.

Osteoporosis is often not associated with symptoms until a complication occurs which in the case of the spine may be compression collapse of a vertebrae or other forms of fracture. This can also occur in other areas such as the hip, the leg or the upper bone of the arm (humerous).

The most important step in treating osteoporosis is preventing it to begin with. Preventative measures should be implemented in childhood and should extend throughout life. It is critical to focus the efforts on preventing rather than treating osteoporosis.

From the perspective of prevention the most important steps are to consume an adequate intake of calcium, magnesium, traceminerals and vitamin D in natural forms. This should begin in childhood. â€ Research has shown that a diet rich in calcium helps to increase bone mass. â€ It is also well known that a diet rich in vitamin D together with adequate sun exposure is fundamental for optimum absorption of calcium.