

What Has Dr. Shook Been Reading?

Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat and Beat Osteoporosis.

By Miriam E. Nelson, Ph.D.

Published by G. P. Putman's Sons (2000)

"Poor Grandma, she never was the same after breaking her hip ..."

Each year 420,000 Americans are hospitalized for fractures related to Osteoporosis. Osteoporosis is a silent crippler, which can transform a vital and dynamic woman into a fragile old humpback. It is not just a disease of old ladies, over a life time 1 in 5 men will suffer osteoporotic fractures. Oh sure, the drop in estrogen associated with menopause has a big effect on our bodies ability to retain bone mass, but other factors also come into play. Family and health history, diet and physical activity have a profound effect on bone strength. No one is immune to the life altering effects of Osteoporosis. Men and women of all ages can be losing bone mass and not realize it until some minor mishap results in an unexpected injury to the bones. But thanks to modern medical science Osteoporosis can be detected early. Bone loss can be prevented, bone loss can be stopped and most exciting, bone loss can be reversed.

Strong Women Strong Bones begins with a simple lesson in bone physiology and a discussion of the risk factors and warning signs of Osteoporosis. The newest technologies for evaluating bone density are explained and the importance of obtaining a base line exam is emphasized.

Strong Women, Strong Bones discusses at length the nutritional requirements for bone health and bone rejuvenation. The message is clear, what you put in to your body and what you do with your body directly effects the strength of your bones. Caffeine, cigarettes, and alcohol are dastardly bone robbing villains. Milk, soybeans, vegetables and fruit are the champions of strong bones. Not only calcium but also vitamin D, vitamin K, vitamin C, Potassium and Magnesium are all essential to bone health. Presented is a comprehensive exercise program designed to strengthen bones. Exercises include weight bearing aerobic activity, strength training, vertical jumping, balance exercises and stretching. Currently approved medications for preventing and treating Osteoporosis are discussed, creams, pills, patches and nasal sprays, how they work, their side effects and benefits.

Miriam Nelson PhD is an associate professor of nutrition and director of the Center for Physical Fitness at Tufts University. She is a fellow of the American College of Sports Medicine and serves on the Advisory Committee for the Massachusetts Osteoporosis Awareness Program.

I have recommended the books of Miriam Nelson before and will recommend this one as well. The charts, diagrams, illustrations, sample menus and glossary help make the information in this book easy to understand and integrate into daily life.

After reading this book, I've taken steps to add higher impact exercises to my efforts at the gym and at home. I check food labels for calcium content. I'm eating more fruit, for the vitamins and minerals they contain and getting a little more sunshine for the vitamin D.

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