

Women's Health

Science Lends A Modern Twist To Mom's Advice About Bone Health

(NAPSA)—Does Mom know best when it comes to good health? According to a new survey from the National Women's Health Resource Center (NWHRC), adult women credit their mothers as the primary influence for shaping their life-long approach to healthy living.

"Mothers have long been considered the source of health information in many families," says Elizabeth Battaglini, RN, director of marketing and consumer affairs for the NWHRC. "For this reason, it is more important than ever for mothers to practice a healthy lifestyle that they can pass on to their children."

Among the top wisdoms women recall hearing from mom include the importance of drinking your milk to build strong bones. Given the fact that 25 million women in the United States today have osteoporosis and one out of every two women are at risk for developing the disease during their lifetime, science has proven that Mom's advice was sound.

Bone health remains one of the most important health concerns for adult women. Seventy-five percent of women responding to the survey believe that they either have or are at risk of developing osteoporosis. The growing concern today is that many women today simply don't get the recommended calcium they need from their diet alone. Armed with updated health tips, women can improve their own health regimens and set good examples for their families.

Miriam Nelson, Ph.D., author of the *Strong Women* series of books, director of the Center for Physical Activity and Nutrition and Associate Professor of Nutrition at the Friedman School of



Calcium supplements can help pre- and postmenopausal women combat osteoporosis.

Nutrition Science and Policy at Tufts University, offers tips that busy women can easily incorporate into their lifestyles to maintain bone health:

Fill your calcium quota

Milk and dairy products aren't the only sources of calcium available. Don't forget other nutritional options rich in calcium including salmon, sardines, tofu, red beans and green vegetables such as broccoli and kale. These foods offer not only a healthy alternative to dairy products, but a nutritious addition to a balanced diet.

Choose the right calcium for you

Not all calcium combinations are the same. Calcium citrate, the calcium found in Citracal®, offers several advantages over other available calcium combinations. It is extremely well absorbed by the bones and offers busy women more flexibility because it can be taken with or without meals.

Dr. Nelson believes that women today have better options to help maintain good health. "Women today may be less inclined to drink a glass of milk, especially if they

are dieting," she said. "The good news is that women have more sources for calcium. For example, women can take calcium citrate, which, unlike other supplements, does not cause gas, bloating or constipation commonly experienced after taking other combinations such as calcium carbonate."

Take time to flex

Regular exercise can help make strong bones a reality. While it may take plenty of self-discipline and determination, the benefits of exercise in maintaining bone health and preventing osteoporosis has been given to weight-bearing exercises to help increase bone strength, so be sure to take time to flex those muscles.

Consider natural alternatives

For post-menopausal women who are looking for a natural alternative to hormone replacement therapy to combat osteoporosis, calcium supplements are an easy but often overlooked choice. In fact, the results of a clinical study showed that postmenopausal women taking Citracal, a calcium citrate, maintained the mass and thickness of their bones. Postmenopausal women who took Citracal for two years had a 42 percent reduction in bone loss.

The staying power of Mom's advice is evident as women today pass on the same health advice to their children they themselves once received. "By staying informed, mothers today can update their own health advice so that it continues to be passed down through generations," says Battaglini.

To find out more about calcium citrate supplements, visit www.missionpharmaceutical.com. For more information on the survey, visit www.healthywomen.org.