



WOMEN'S HEALTH

Cat Cora Helps Women With Osteoporosis Or Bone Loss Learn To Eat Right

(NAPSA)—While many American women think about how their diet will slim their waistline, they also should focus on the way foods may improve their bone health. This is particularly important for women over age 50 when bone loss occurs more rapidly. That's why celebrity chef Cat Cora has teamed up with the Rally With Sally program to develop "Eating Smart With Sally: The Bone Health Cookbook."

The new cookbook features delicious and simple calcium- and vitamin D-rich recipes that are easy to follow and may help protect a woman's bones. It is available free online at www.bonehealth.com, where you can find other helpful information about nutrition and osteoporosis.

"As a chef, I have always looked for simple ways to incorporate foods with health benefits into our diets," Cora said. "I urge women to visit www.bonehealth.com to download the cookbook and start eating right—adding bone healthy foods to your diet is essential to good bone health."

To encourage people to get in the kitchen and add bone healthy foods to their meals, Cora is announcing the call for entries for the "Eating Smart with Sally"



Photo Credit: Robert Qualier


Celebrity Chef Cat Cora

recipe contest. You can submit your original recipes with calcium- and vitamin D-rich foods at www.bonehealth.com, where you can also find a list of potential ingredients. The winning recipes will be featured on the site alongside "Eating Smart With Sally: The Bone Health Cookbook."

"Eating right and exercise are very important for women over the age of 50, but that may not be enough to treat postmenopausal

osteoporosis," said Barbara Dehn, nurse practitioner at the Women Physicians Ob/Gyn Medical Group, Mt. View, Calif. "If you have been diagnosed with postmenopausal

Suggested ingredients for recipe contest:

- Calcium-rich foods: Milk and other dairy products, soybeans, tofu, salmon, chickpeas, kidney beans, green beans, broccoli, oranges and almonds
- Vitamin D-rich foods: Milk, salmon or other oily fish, egg yolk, canned tuna 

osteoporosis or bone loss, ask your healthcare practitioner about once-monthly Boniva® (ibandronate sodium), a prescription medication for the treatment and prevention of osteoporosis in postmenopausal women."

Osteoporosis is a disease in which bones become brittle and more likely to break. Approximately 44 million Americans age 50 and older are threatened by osteoporosis. While nutrition and exercise are important parts of a bone healthy routine, they may not be enough to treat postmenopausal osteoporosis. Talk to your doctor about ways to improve your bone health—and before making any changes to your diet.

Important Safety Information

The most common side effects are diarrhea, pain in the arms and legs (extremities), and upset stomach (dyspepsia). If you want to learn more, talk to your doctor.

You should not take Boniva if you have certain problems with your esophagus (the tube that connects your mouth and stomach), low blood calcium, cannot sit or stand for at least 60 minutes, have severe kidney disease, or are allergic to Boniva. Stop taking Boniva and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow the dosing instructions for once-monthly Boniva carefully to lower the chance of these events occurring. Side effects may include diarrhea, pain in the arms or legs, or upset stomach. Tell your doctor and dentist about all the medicines you take. Tell them if you develop jaw problems (especially following a dental procedure) or severe bone, joint, and/or muscle pain. Your doctor may also recommend a calcium and vitamin D supplement.

Note to Editors: For a full list of contest rules, please visit www.bonehealth.com. The contest runs through November 24.

"Eating Smart With Sally: The Bone Health Cookbook" is part of the Rally With Sally For Bone Health™ campaign, a program sponsored by Genentech, a member of The Roche Group, that helps women understand and actively manage postmenopausal osteoporosis and bone loss.