

# Health Bulletin



## Gardening May Help Prune The Risk Of Osteoporosis

(NAPSA)—Try gardening to cut your risk of developing osteoporosis or “fragile bone disease.” That’s the advice of Dr. Lori Turner at the University of Arkansas. She found that only weight training was better than yard work as physical activity associated with bone health.

Dr. Turner’s work is highlighted in the forthcoming *National Women’s Health Report, Osteoporosis & Women’s Health*.

Osteoporosis affects more than 25 million Americans; 80 percent of them women. The disease is the cause of 250,000 hip fractures each year and costs the economy almost \$14 billion. More importantly, about one patient in five dies from complications associated with this disease.

Osteoporosis happens when bones lose minerals. A physical activity like gardening or weight lifting has a positive impact on bone health.

Said Turner, “Gardening has the advantage that is done by many people and because it is something they enjoy, they are more likely to stick with it.”

*Osteoporosis & Women’s Health* describes some of the latest medical research on the disease and how it applies to daily life. In addition it:

- Gives details on the latest osteoporosis medication therapies,
- Offers insight on what girls and women at different life stages can do to prevent the disease,
- Outlines lifestyle tips that women with osteoporosis can use to prevent falls around the house, where 60 percent of fatal falls in older adults happen,



**A recent study indicates gardening may help women maintain proper bone density.**

- Lists organizations and books to use as resources,
- Talks about other lifestyle habits that can help: quitting smoking, following a healthy diet, getting adequate amounts of calcium, vitamin D and other minerals, and
- Discusses the DEXA scan, the test used to measure bone density.

It was produced with the support of an educational grant from the Lilly Centre for Women’s Health.

To order a free copy of *Osteoporosis & Women’s Health*, contact the National Women’s Health Resource Center. Call toll-free at 877-986-9472 or visit their one-stop shop for women’s health, [www.healthywomen.org](http://www.healthywomen.org).