



HEALTH AWARENESS

Men Can Reduce Risk Of Osteoporosis

(NAPSA)—While the general perception may be that osteoporosis is a “women’s disease,” the reality is very different. Today, more than two million men have the condition and another three million are at risk of getting it, according to the National Osteoporosis Foundation.

And, despite being hospitalized with bone fractures—males are much less likely than females to be treated for osteoporosis, according to a recent study published in *The Archives of Internal Medicine*. That’s led many health experts to call for men and their doctors to start taking the threat seriously.

“Research and marketing about osteoporosis has been largely aimed at women, giving men the false impression that they need not be concerned about their bone health,” says

Amy Aubertin, M.S., R.D., of the Massachusetts Osteoporosis Awareness Program. “But getting adequate calcium and vitamin D are equally important for both sexes.”

Osteoporosis is a bone-weakening disease directly related to bone density. In general, bone density in men tends to decline after age 50, as compared to age 30 in women, and that’s when osteoporosis starts showing up. About 12 percent of males over 50 have the disease.

Fortunately, osteoporosis is not inevitable. Experts recommend the following steps to keep your

bones healthy:

- **Eat More Dairy**—Nearly two-thirds of men don’t get adequate calcium, which is important for maintaining bone strength. One eight-ounce serving of milk provides 300 mg of calcium (about one-third the requirement for most men). If your diet doesn’t allow for dairy, a non-dairy, lactose-free beverage such as Vitamite® 100 is a good choice. The drink provides all the calcium and vitamin D of regular milk.

- **Eat More Non-Dairy, Calcium-Rich Foods**—Certain vegetables (i.e., broccoli), tofu, nuts and fish such as salmon and sardines,

Calcium and Vitamin D Needs of Men

	<u>Calcium</u>	<u>Vitamin D</u>
Under Age 50	1,000 mg	200 IU
Age 50 – 70	1,200 mg	400 IU
Age 71+	1,200 mg	600 IU



provide calcium. Choose calcium-fortified foods like cereal and orange juice, too.

- **Exercise Regularly**—Weight-bearing exercise, such as walking, jogging, or weight lifting, help preserve bone density.

- **Get A Bone Scan**—Quick and painless, this procedure will let you and your doctor know the status of your bone health.

To receive a free sample of Vitamite 100, a product brochure and coupon, send your name and address to: Diehl Specialties; 24 N. Clinton St.; Dept. N-2; Defiance, OH 43512.