

May's Topic: Osteoporosis

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HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

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What is osteoporosis?

- ❖ Osteoporosis is a disease in which a person loses too much bone, does not make enough bone or both. Having low bone mass causes a person's bones to become weak and increases the risk of fractures, especially the bones of the hip, spine, and wrist. When the bones of the spine are affected, loss of height may occur.
- ❖ Currently, about 52 million Americans have osteoporosis and low bone mass. Approximately one in two women and one in four men over the age of 50 are likely to break a bone due to osteoporosis.
- ❖ Osteoporosis is often called the silent disease as you can have low bone mass and not know it. There are not many signs of bone loss in the early stages of osteoporosis, but once bones have weakened you may notice the following:
 - Back pain (due to fracture or collapsed vertebra)
 - Loss of height over time
 - Stooped posture
 - Bone fractures that occur more easily than expected

Who is at risk for osteoporosis?

- ❖ There are several factors that put you at risk of developing low bone mass. Some of these factors are modifiable while others are not.
 - ❖ Non Modifiable risk factors
 - Being over age 50
 - Being female
 - Menopause
 - Family history of osteoporosis
 - Low body weight/Small and thin stature
 - Broken bones or height loss
-

Medications that increase risk of osteoporosis

- Aluminum antacids
- Proton pump inhibitors
- Steroids
- Depo-Provera
- Chemotherapeutic
- Immunosuppressants
- Selective Serotonin Reuptake Inhibitors
- Actos and Avandia

Conditions that cause osteoporosis

- Diabetes
- Rheumatoid Arthritis
- Lupus.
- Multiple sclerosis
- Celiac Disease.
- Inflammatory Bowel Disease
- Weight Loss Surgery.
- Hyperparathyroidism
- Hyperthyroidism
- Early Menopause
- Cancer
- Sickle Cell Disease.
- Depression
- AIDS/HIV
- Kidney disease
- Liver disease

❖ Modifiable risk factors

- Not getting enough calcium and vitamin D
- Not eating enough fruits and vegetables
- Getting too much protein, sodium, and caffeine
- Having an inactive lifestyle
- Smoking
- Drinking too much alcohol

How is osteoporosis diagnosed?

- ❖ Diagnosis involves obtaining a medical history, performing a physical examination, and undergoing a bone mineral density test. Your healthcare provider may also use the FRAX tool to assess your risk of bone fracture over the next ten years.

Lifestyle modifications

- ❖ There are many things that can be done to help decrease the risk of developing osteoporosis.
- ❖ Dietary changes
 - Limit alcohol consumption to about 2-3 drinks/day
 - Decrease daily caffeine intake
 - Decrease intake of phosphoric acid, which is found in many soft drinks
 - Consume recommended amounts of vitamin D and calcium
- ❖ Social habits
 - Decrease or stop smoking tobacco
 - Increase weight-bearing exercise
 - This is exercise that makes you move against gravity while staying upright; examples include dancing, hiking, jumping rope, playing tennis, aerobics, and walking.
 - Try to prevent falls by using non-slip mats in the tub, avoid using rugs, improving lighting around the house and using hip protectors, hand rails and walkers

Calcium and Vitamin D

- ❖ Calcium is a mineral that is used by the body to help build bones and keep bones healthy. The majority of calcium in our bodies is found in bones and teeth. Calcium is lost daily through the skin, nails, hair, sweat, urine and feces. Our bodies cannot produce calcium, so it is important to get calcium from food.
- ❖ Vitamin D is required for our bodies to properly absorb calcium. It is needed to build strong bones and to keep bones healthy. If you do not get enough vitamin D, you may lose bone mass which increases the risk of developing osteoporosis.

RECOMMENDED DAILY CALCIUM INTAKE

Women: < 50 years old – 1000 mg
 > 50 years old – 1200 mg
 Men: < 70 year old – 1000 mg
 > 70 years old – 1200 mg

SOURCES OF CALCIUM

- ❖ Dairy products (cheese, milk, yogurt)
- ❖ Green vegetables (kale, broccoli, Chinese cabbage, turnip greens)
- ❖ Juices, cereals, breads and soy milk fortified with calcium

RECOMMENDED DAILY VITAMIN D INTAKE

Men and women < 50 years: 400- 800 IU
 Men and women > 50 years old: 800- 1000 IU
 **Some people may need more vitamin D than the daily recommended amount.

SOURCES OF VITAMIN D

- ❖ Sunlight – the skin makes vitamin D from sunlight
- ❖ Foods such as tuna and salmon
- ❖ Fortified foods such as juice, cereals and milk
- ❖ Vitamin D supplements

References

1. Learn About Osteoporosis [Internet]. Washington, D.C.: National Osteoporosis Foundation; c2014 [cited 2014 April 25]. Available from: <http://nof.org/learn>.
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3. Institute of medicine. Dietary reference Intakes for Calcium and Vitamin D [internet]. Washington DC (VA): National academy of sciences; Nov 2010 [updated 2011 Mar; cited 2014 Apr 25]. Available from : <http://www.iom.edu/~media/Files/Report%20Files/2010/Dietary-Reference-Intakes-for-Calcium-and-Vitamin-D/Vitamin%20D%20and%20Calcium%202010%20Report%20Brief.pdf>



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State Wellness Center

101 S. Union Street
Montgomery, AL 36104

All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. HealthWatch Screenings are provided at the State Wellness Center. **Don't delay and wait until the end of October rush!** Schedule your screening appointment online or call the Wellness Center today for your free health screening.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management