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## **Put a STOP to Osteoporosis**

### **What is Osteoporosis?**

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Osteoporosis is a condition in which the bones become fragile and brittle, leading to a higher risk of fractures than in normal bone. Osteoporosis occurs when bones lose minerals, such as calcium, more quickly than the body can replace them, leading to a loss of bone thickness and density. As a result, even a minor bump or accident can cause serious fractures.



Any bone can be affected by osteoporosis, but the most common sites are bones in the hip, spine, wrist, ribs, pelvis and upper arm. Osteoporosis usually has no signs or symptoms until a fracture happens - this is why it's often referred to the 'silent disease'. Studies have shown that half of all women and one-third of men over 60 in Australia will have a fracture due to osteoporosis. Although it is commonly considered to be a disease of old age, loss of bone density can begin at a much younger age, getting steadily worse year by year. That's why it is important to be aware of the condition, and take steps to prevent it.

How can you reduce your risk or slow down the progression of osteoporosis?

### **Calcium**

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Calcium is an important nutrient and is needed for many of the body's functions, including the health and strength of bones. Having enough calcium in the diet is essential in helping to prevent the loss of bone mass. Calcium alone cannot protect a person from bone loss caused by certain medications or diseases, smoking, alcoholism, lack of exercise and oestrogen (during menopause). It does however help a person maintain healthy bones.

In the first 30 years of life, our bones are at their strongest. Getting enough calcium is especially important in childhood and adolescence because if you've built up bone mass early in life, the loss is less likely to cause devastating problems later. Later in life, when the body loses calcium, there's an increased need for calcium, especially for women around menopause. As men also lose calcium as they get older, they need to get enough calcium as well.

### **Magnesium**

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Magnesium is an essential nutrient in maintaining healthy bones as it affects the way the

body uses calcium. Magnesium influences how calcium is transported out of the gastrointestinal tract and formed into bone. It also helps to control hundreds of enzymatic reactions in cells that influence bone density. In addition, this busy mineral is required for the formation of proteins that help form bone.

An American study of 2000 people aged 70-79, found that for every 100 mg of magnesium intake per day study participants ingested up to a point, there was a 2% increase in bone mineral density (BMD). This is a significant increase when it comes to bone density.

### [Additional Benefits of Magnesium](#)

- Helps prevent abnormal blood clotting; significantly lower the chance of heart attacks and strokes.
- Aids in maintaining healthy blood pressure levels; ↓ the smooth muscle tone around your arteries to relax
- Helps maintain proper muscle function by reducing excessive tension
- Helps support post-exercise recovery



We strongly recommend Ultra Muscizee® from Bioceuticals. This product is a great-tasting, high dose magnesium powder containing a specialised mineral delivery system that enhances absorption and intestinal tolerance of magnesium. Ultra Muscizee® also contains the amino acids carnitine, glutamine and taurine, with malic acid, B vitamins and other supportive nutrients making it a complete supplement to your daily diet.

### **Whole Body Vibration**

The Whole Body Vibration machine is a machine that delivers low impact vertical vibrations through a flat platform, gently into your body. The amount resistance provided through the platform is considered low-magnitude, safe and beneficial in an exercise and therapeutic environment. The low dose vibration provided has been used for the treatment of osteoporosis amongst many. The advantage of the vibration is that it not only improves bone density but it increases the strength of postural muscles which has a beneficial effect.

Studies have shown that women with osteoporosis, using whole body vibration for exercise, have built muscle strength and bone faster than with traditional weight-bearing exercise. Researchers also found that whole body vibration programs were easier to stay with than conventional exercise regimes.

Some of the noted Physiological Effects of WBV are;

- Increases tissue circulation (especially peripheral tissue blood flow)
- Increases intrinsic muscle activation
- Increases soft tissue extensibility
- Stimulates bone healing and increases bone density
- Increases the release of Serotonin (AKA the "Happy Hormone")



The **PHYSIO4ALL** Silvermink WBV Machine can be used by anyone regardless of age or sex. In particular, osteoporosis sufferers, individuals with inadequate levels of physical activity, and most of our patients requiring rehabilitative therapy are using WBV to complement their ongoing treatment and accelerate their recovery.

### **SPECIAL OFFER!**

PHYSIO4ALL invites you to come and experience the WBV for **free** after a thorough musculoskeletal assessment by one of our physiotherapists'. We're also offering a 10% discount on Bioceuticals Ultra Muscleeze®. Just mention this newsletter and hand us the voucher below.



<h2>Family &amp; Friends</h2> <hr/> <h3>Gift Certificate</h3> <p>This voucher entitles the bearer to a 10 sessions on the Whole Body Vibration Machine for the price of 8! A saving of \$20.00</p> <p>This voucher also entitles the bearer to a 10% discount off Bioceuticals Ultra Muscleeze®.</p> <p>Present this voucher to receive this very special offer.</p> <p><b>Expiry date: 30th June, 2010</b></p>	<p><b>PHYSIO4ALL</b> revitalise - bounce - be healthy</p> <p><b>Offer only valid at the PHYSIO4ALL clinic in North Sydney.</b></p> <p><b>Appointments: 02 9922 2212</b> <small>No obligation for future care Please mention this voucher when booking your appointment.</small></p>
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Yours in health,

The PHYSIO4ALL team

<p><b>PHYSIO4ALL</b> revitalise - bounce - be healthy</p>	<p><b>PHYSIO4ALL</b> Ph: 02 9922 2212 F: 02 9922 5577 W: <a href="http://www.physio4all.com.au">www.physio4all.com.au</a> E: <a href="mailto:info@physio4all.com.au">info@physio4all.com.au</a></p>
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