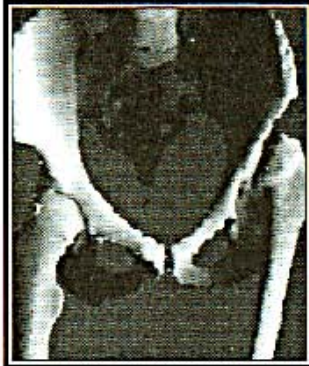


OSTEOPOROSIS & CHIROPRACTIC



OSTEOPOROSIS

Everyone is subject to osteoporosis. That does not necessarily mean that everyone will develop it, but the potential must be faced by everyone. Certain "high risk factors" have been identified to help you understand your health status more clearly. Men,

women, and children are all subject to it, but the highest factors are found to be the following traits:

Female, menopause has occurred, small bone structure, of either Oriental or northern European descent, suffering from diabetes, arthritis, kidney or thyroid problems, history of multiple pregnancies, coupled with poor diet, lack of regular exercise, smoking, alcohol use and certain medications.

By concentrating on the treatable risk factors, chiropractors have the ability to deal effectively with the situation, treating the problem and helping to prevent further consequence of the disease.

Surgery affecting the female reproductive system will directly influence the bone density. Even if surgery never occurs, as women age, their bodies change within and the natural process of menopause will influence calcium function and osteoporosis.



Estrogen, a natural hormone produced by a woman's ovaries, is no longer produced after menopause or surgical intervention. Even before menopause a woman who has children loses significant amounts of calcium. If her diet and exercise programs are not adequate or if she smokes, uses alcohol, or has multiple pregnancies within a relatively short period of time (every 2-3 years for example), she is at increased risk of loss of vital amounts of calcium from her bones.

Men, too, need to be careful about calcium. Smoking, certain medications, lack of regular vigorous (aerobic) exercise, and poor diet are prime considerations for men as well if their bones are to remain strong, healthy and resistant to disease or fracture.

Children, of course, are well known to need high quality calcium in abundant amounts. Good nutrition and plenty of exercise in childhood is absolutely no guarantee that adolescence, adulthood or the years of maturity will provide healthy bone. Effective habit patterns need to be established early and continued throughout life in an active, intentionally, conscientious program of health building and support.