

HOW TO PROTECT BONES FROM OSTEOPOROSIS: TIPS FROM HEALTH SPA EXPERT



Bones can be affected in several ways. Often, their illness is associated with degenerative processes that primarily affect the joints. The cause may also be congenital and hereditary defects, inflammations, or metabolic diseases. The most recent group includes osteoporosis.

Osteoporosis, or thinning of bone tissue, is a disease in which bone loss occurs. This is a prevalent disease, especially in the older part of the population. It affects every sixth man and even every third woman and is one of the most common causes of death in the elderly.

The disease is that bones that do not have enough tissue are fragile and prone to fractures. Risk factors include higher age, menopause, poor movement, poor eating habits, and lack of minerals that are essential for proper bone building, such as calcium, vitamin D, zinc, copper, etc.

And how to protect your bones against osteoporosis?

Getting enough calcium

The main cause of osteoporosis is the inadequate intake of calcium in the diet. Growth and development require children and teenagers for 1 kg of weight approximately 4 times more calcium than an adult. For children, the daily dose of calcium intake is 300 to 700 mg, in the case of youngsters at 1200 mg. For adults, then 1,000 mg per day is enough, but increased intake should be given to pregnant and breastfeeding women up to 2,000 mg per day.

The main sources of calcium are milk, dairy products and vegetables (cauliflower, broccoli, cabbage, etc.). But beware, vegans who are only taking a calcium diet can suffer from a deficiency, because its availability is low (about 10%), and a diet without dairy products provides only 400 mg of calcium per day. From animal nutrition, calcium is absorbed much better, "says Dr. Kalousek.

Beware of calcium absorption

Even if you are trying to supply calcium to your body, the other diet is hugely for absorbing calcium.

For example, a large amount of fat or baking in diets reduces calcium absorption. Also, alcohol, nicotine, and salt cause increased secretion of calcium from the body.

Add vitamin D

Vitamin D, on the other hand, helps in keeping calcium in the body. It also improves muscle strength, thus minimizing the risk of falls. Vitamin D is contained in fish oil, some vegetables, cereals, and bread.

Vitamin D is not only obtained from diet, but UV radiation mainly causes it, so we should spend enough time in the sun every day.

The movement strengthens the bones

Regular and sufficient physical activity increases bone formation, improves strength, stimulates growth and blood circulation in the muscles. In the event of a fall, it also increases the resistance to fracture. Walking and aerobic exercise combined with strength training are mostly recommended.

For guest who comes to Czech Spa for osteoporosis treatment, the complex approach applied. The drinking cure - is an essential part of the therapy. Many mineral springs contain high amounts of calcium and magnesium in very good proportion. An important factor of the health stay is also movement in fresh air for the formation of vitamin D3. Also, carbon therapy in the form of dry carbonic baths, carbon injections is applied for anti-osteoporosis treatment. However each treatment program individual and required an initial medical check-up upon arrival to compose a right therapy and drinking cure.

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