



OSTEOPOROSIS NEWSLETTER

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Editor

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Travel: Tips on Getting Around with Osteoporosis and Arthritis

Elaine Rosenblatt MSN, FNP-BC, CTH, Clinical Professor, School of Nursing, UW-Madison provided the information we need to be well prepared for travel at the November support group meeting. Elaine Rosenblatt MSN, FNP-BC, CTH, Clinical Professor, School of Nursing, UW-Madison provided the information we need to be well prepared for travel at the November support group meeting. Elaine Rosenblatt MSN, FNP-BC, CTH, Clinical Professor, School of Nursing, UW-Madison provided the information we need to be well prepared for travel at the November support group meeting.

Start preparations early. One of the first things is an appointment with your physician for a physical and any vaccines you may need depending the countries you are traveling to. An alternate or addition to your physician is a travel clinic. Ms Rosenblatt highly recommends the travel clinic because they are very knowledgeable about regulations and needed vaccines in various countries. Order a wheelchair for each airport, if needed. Advise booking agent of any special needs: food, supplemental oxygen on board and layovers, etc. When traveling, get up and walk around or move your legs frequently to minimize stiffness and risk for deep vein thrombosis (DVT, blood clot).

Register with the State Department so that they can assist you in case of an emergency. Check overseas medical insurance coverage. Know where to go for assistance abroad. Consider getting wheelchair accessible. Make hotel reservations far ahead to obtain a room that will meet your needs. Make sure a list of medications, prescriptions, and copy of EKG. Take an extra week's supply of medications for possible change in plans or a delay. Carry a list of medications, prescriptions, and copy of EKG.

Next B.O.N.E.S. Meetings

Tuesday, December 9 - The annual B.O.N.E.S. planning meeting and cookie exchange. Come and share ideas for next year and enjoy some holiday treats!

Tuesday, March 10, 2009 - Program to be announced.

B.O.N.E.S. SUPPORT GROUP
will meet on
December 9th at
Oakwood Auditorium
6209 Mineral Point Road
Madison

1:30-2:30 p.m.

Questions? Call 265-6410 for information.

Dried Plums

This study compliments previous studies showing that **dried plums** (prunes) may boost bone strength and density. It helped the researchers understand how the polyphenols in dried plums influence bone health. There are many polyphenols in many kinds of fruit.

Florida State University researchers launched a randomized clinical trial in early 2007 to examine the effects of prunes or dried apples on the bone mineral density of post-menopausal women, an age-group at highest risk of osteoporosis. If the findings are positive and reproducible, they could help researchers isolate

the compounds responsible. This could mean opportunities for supplements. While eating fruit is the best way to get the nutrients, supplements are an option for people who do not eat enough fruit.

The Journal of Nutritional Biochemistry, 5-20-2008, doi: 10.1016/j.jnutbio.2007.11.012

Vitamin C

Higher levels of vitamin C from the diet may reduce the loss of bone mineral density in older men according to a new study at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University. The results are consistent with previous findings of the protective

effects of fruit and vegetables. No association between vitamin intakes and bone density was observed in women.

The researchers concluded that the results suggest a possible protective role of vitamin C for bone health in older men. They also said that the protective benefits of vitamin C for bone health could be expected since the vitamin could counter the effects of the oxidative stress, which plays a role in weakening of bone by resorption. In addition, vitamin C plays an important role in the formation of collagen, which constitutes 90% of the bone matrix.

Journal of Nutrition, Volume 138, Pages 1931-1938

Ways to Include More Fruits and Vegetables Your Diet

By Kristina Penniston, M.S., R.D., C.D.

- Use **mashed avocado** (spiced with little garlic or salt) as a spread on pita bread.
- Make **hummus** from **garbanzo beans**, lemon juice, garlic and tahini. Use on chips or bread.
- Drink 6 ounces of **low sodium V8 juice**. Some versions contain 800 mg sodium in one serving which is one-third or more of the recommended daily intake.
- Keep **pre-packaged apple-sauce, small cans of mandarin oranges or pineapple, and**

small containers of frozen berries on hand for days when you just need to grab and go.

- Forget the rice or pasta. Use **corn, beans, saush, potatoes, or peas** as your starch.
- Institute a “**soup and salad night**” once as week. Look for soups based on **broccoli, cauliflower, pumpkin, carrots, beans, or squash**. Look for a homemade soup recipe. Use **beans as a main dish** once a week. Beans (excluding green and wax beans) are an excellent source of protein and may

adequately substitute for meat. Make chili with a combination of canned **soybeans, black beans, garbanzo beans, and kidney beans** (rinse thoroughly with water before cooking to remove some of the salt). Find a recipe for bean burritos, red beans and rice, or a multiple bean salad.

Editor’s note: Let these ideas inspire you to create your own ways to add fruits and vegetables to your diet. See February 2008 Osteoporosis Newsletter at uwosteoporosis.org for Minestrone recipe.

Next time you get depressed about getting older consider the alternative.

P.T. Place: Safe Snow Shoveling

Barb Luedke, Senior Physical Therapist

As I write this article, I see more green grass than white snow out my window. But then I quickly remind myself that we live in Wisconsin and there are still months ahead with "snow potential".

For many of us who must assume the task of shoveling snow, a good review of back protection techniques may well decrease the risk of injury.

The principles of safe movement should always be observed. The two most important precautions are to avoid forward bending and twisting movements of the back.

Always maintain good postural alignment by slightly pinching your shoulder blades together, tightening the abdominal muscles slightly, and standing straight. Keep your head in alignment with your body and your back as straight as possible. Bend forward from your hips - the hip hinge principle. Do not bend forward from your waist

because this causes your back to forward bend.

Choose your shovel wisely. Use a lighter weight shovel that pushes the snow ahead of you. When the shovel is full, slowly lift the shovel and slide the snow off. Never twist your body, but rather turn your body by pivoting your feet or taking small steps. An ergonomic shovel (one with a bend in the handle) may improve your leverage and decrease the stress on your back, but for shorter individuals it may not provide as many benefits.

Be in good physical shape. Prior to shoveling, warm-up by performing gentle stretching activities. Observe extra precautions if you have hypertension, cardiac problems, osteoporosis or other health issues.

Wear good footwear to minimize your risk of slipping. Consider wearing Yaktrax or another style of antislip footwear to improve your grip on snow and ice.



Break up the activity into small tasks. If the snow is deep remove it in layers. If it is heavy or you have a large area to shovel, take rest breaks. Then return outside and complete another portion of the task. Try to stay ahead of a heavy snow fall, and shovel more frequently. Avoid muscle fatigue which may lead to pain and increase the risk of injury.

Another alternative is to use a small snow blower. Perhaps the best choice is to delegate the job to another person!

B.O.N.E.S. October Meeting

Lisa Thomas at the Boston Store provided an excellent variety of various degrees of casual and elegantly dressy outfits for the B.O.N.E.S. Support Group October fashion show. Jewelry and clutches gave the outfits from Jones New York, Le

Suit, Ralph Lauren and others a finished look.

Mary Enders, from the store's Estee Lauder cosmetic counter, did a make-over on one lucky audience member. Estee Lauder cosmetic bags were given to

each woman attending.

Thank you to our sponsors, Fanny May at Hilldale who provided chocolates, Beauty Blossoms who provided flowers and the Boston Store.



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RECIPE FILE

Quick Spinach and Tomato Pasta

Makes 4 servings, about $\frac{3}{4}$ cup each

Ingredients

1 pound whole wheat pasta	1 pound frozen spinach
1 onion sliced	Salt & freshly ground pepper to taste
1 tablespoon extra virgin olive oil	$\frac{1}{3}$ cup crumbled feta cheese
1 14-ounce can tomatoes, drained	

Instructions

Cook pasta in a large pot of boiling water until al dente, according to package directions. Meanwhile, heat oil in a large skillet over medium-high heat and sauté onion. Add tomatoes, simmer for 10 minutes. Stir in spinach, heat through. Drain the pasta, toss with sauce and season with salt and pepper. Top with feta.

Nutrition Information

Per serving: 352 Calories: 7g fat (2 g saturated, 2 g mono); 7 mg cholesterol; 60 g carbohydrate; 17 g protein; 16 g fiber; 265 mg sodium; 618 mg potassium.

Nutrition bonus: Vitamin A (181% daily value), Vitamin C (39% dv), Folate (25% dv), Iron (23% dv), Potassium (18% dv), Calcium (17% dv). 3 Carbohydrate Servings.

www.Eatingwell.com