



OSTEOPOROSIS NEWSLETTER

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Editor

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More About Vitamin D

Dr Hector DeLuca gave a very interesting and informative presentation, "Vitamin D – A Public Health Issue", for the B.O.N.E.S. October meeting. Vitamin D was discovered at the University of Wisconsin-Madison in the early 1900s.

Rickets (softening of bones) was a major health problem in northern Europe. Researchers thought vitamin A might cure rickets. In 1922 E V McCollum, UW Researcher, destroyed vitamin A in cod liver oil and it still cured rickets. He concluded that there was a new vitamin which was named vitamin D.

Why is vitamin D a pub-

lic health issue? People don't get enough vitamin D which has serious health problems, not only osteoporosis but also bone disease of kidney failure and psoriasis. Adequate vitamin D is important to reduce the risk of several cancers and may also be important in autoimmune diseases such as multiple sclerosis.

The newest development is 2MD (a derivative of vitamin D3) which is in phase 2 clinical trials. It works differently than bisphosphonates (Boniva, etc.) which block bone reabsorption and slow bone turnover. 2MD induces bone formation. Phase 2 trials will last about two more

years. If positive results are found in phase 2, phase 3 will be fracture study which requires 3-5 years. As such, it will be at least 5-7 years before 2MD is available for osteoporosis treatment.

A common question is "How much vitamin D should I take?". Remember that large amounts of vitamin D are toxic. Dr. DeLuca recommended 2,000-4,000 IU per day to reduce the risk of cancer and autoimmune disease. This includes vitamin D from food and supplements. Do not take more than 4,000 units daily unless under the care of a physician.

B.O.N.E.S. SUPPORT GROUP will meet on Tuesday December 11th Oakwood Apartments Tea Room 2nd floor 6209 Mineral Point Road Madison

1:30-2:30 p.m.

Questions? Call
265-6410

Next B.O.N.E.S. Support Group Meeting

The December meeting exchange. Come and collect cookies in. Share will be the annual bring about two dozen ideas for next year's B.O.N.E.S. planning of your favorite cookies programs and enjoy meeting and cookie with a container to some holiday treats.

P.T. Place: Safe 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. Fashion Show

Before and after the B.O.N.E.S. November fashion show we enjoyed non-alcoholic champagne courtesy of Cross Plains Bank served in cups provided by Wollersheim Winery and delicious chocolates from Fanny May at Hilldale.

The first half featured practical casual clothes to wear at a variety of activities. Scarves added a special touch. The second half was holiday fashions, many with sparkle. Pearls are popular this season. Boston Store provided the clothes with many of them

from Ralph Loren, Jones of New York, Laura Ashley and Le Suit. The clothes were chosen for women with rounded shoulders, etc. from osteoporosis. No one looking at the models would know that some of them have osteoporosis.

A great big thank you to Carol Schiller for arranging for the models and getting the champagne, chocolates, cups, flower arrangement and door prizes. The fashion show wouldn't have happened without her. A special thanks to Susan Valentine

who coordinated everything and was the MC. Many thanks to all the business mentioned in this article and the models. Some of the models are B.O.N.E.S. participants and some are friends of Carol Schiller.

Some lucky individuals took home one of 4 door prizes: flower arrangement from Beauty Blossoms, billfold and watch donated by Betty Bling's and a Mary Kay hand spa treatment given by Susan Valentine.

Nutrition Notes: Soda and Bone Health

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For years, researchers have been attempting to determine whether drinking soda can weaken bones. The general conclusion has been that soda may not be good for one's health, but more the important question is, "Are soda drinkers getting enough of the foods and beverages that help build and maintain strong bones?" According to the American Academy of Pediatrics, most U.S. children over 8 years old don't get adequate calcium, raising the risk of fractures. About 55% of individuals over age 55 have osteoporosis or low bone mass according to the National Osteoporosis Foundation.

A handful of studies have linked consumption of cola, the most popular soft drink, and low bone-mineral density. Two epidemiological studies, a 1994 paper in the Journal of Adolescent

Health on 127 teens and a 2000 study in the Archives of Pediatric & Adolescent Medicine on 460 high school students, found links between cola consumption and bone fractures in physically active teen age girls.

A 2006 study in the American Journal of Clinical Nutrition generated publicity with its findings of an association between cola and bone-mineral density in the hip and spine of 2,538 men and women. The epidemiological study, which measured bone density and analyzed eating habit, found no effect in men, but found a significant impact in women who drank more than three colas a week. The study, funded by the U.S. Department of Agriculture and the National Institutes of Health, found "no evidence" that an occasional cola would harm bones.

Some doctors and researchers have hypothesized that the caffeine, phosphoric acid, sugar or even carbonation in some sodas may weaken bones by discouraging the body's absorption of calcium. Others say that the effect of cola – if there is one – is simply that people who down a lot of it often don't consume enough calcium-rich foods and drinks such as milk.

The bottom line is eat a healthy diet, get enough exercise and moderation in all things. Consider drinking vegetable juice to consume more vegetables. When you buy vegetable juice look for those with low sodium. Consider making your own in a blender.

Source: Wall Street Journal 10/16/07
Betsy McKay

Vitamin K

Dr Neil Binkley and the Osteoporosis Clinical Research Program Staff completed a study of vitamin K in 2005. Other studies have been done elsewhere. Some associated low vitamin K status with low bone density and increased fracture risk. Additionally, other studies in Asia find vitamin K2 treatment to reduce vertebral frac-

ture risk. However, whether vitamin K plays a role in the skeletal health of North American women remains unclear. The purpose of this study of 381 women was to evaluate the effect of two types of K (K1 and MK4) on markers of skeletal turnover and bone density in non-osteoporotic postmenopausal, North American women.

No effect of either treatment was observed. Therefore, this study does not support a role for vitamin K in osteoporosis prevention among healthy postmenopausal North American women receiving calcium and vitamin D supplementation.

Meet New Research Staff

Susan Valentine will be helping coordinate monthly B.O.N.E.S. meetings and secure speakers and locations. At Osteoporosis Research, she draws blood, helps with phone screening and subject

appointments. Soon she will start coordinating studies. Susan has a variety of previous experience: Assistant head nurse of an oncology unit, faculty at Eastern Michigan University Department

of Nursing, staff nurse at UW, Team Leader at Covance, Clinical Specialist with the pregnancy bedrest study and Coordinator of the congestive heart failure program at Physicians Plus.

The first B.O.N.E.S. meeting of 2008 will be March 11th.

RECIPE FILE

Donna's Cocoa Bean Brownies

This recipe was featured on Donna's Channel 3 cooking segment. It is courtesy of Linda Simon, RD and Certified Personal Chef. If you like super fudgy brownies, you will love these cocoa bean brownies. They are made without any flour and are gluten-free. Don't tell anyone they are very high in fiber and made with beans. You have to try them to believe how good they really are!

1/2 cup cocoa
1/3 cup canola oil
1 can (15 oz) black beans or kidney beans, drained
1 1/4 cups sugar

3 eggs
1/2 tsp baking powder
1 tsp vanilla
1/2 cup chopped toasted walnuts (optional)

Preheat oven to 350 degrees. Butter an 8 X 8 or 7 X 11 inch baking pan. In a large food processor or blender, combine all ingredients except nuts. Blend well until very smooth. Stir in nuts. Pour batter into pan. Bake 35 to 40 minutes or until just set in the center. Do not over-bake.

For a flourless, chocolate cake and an elegant presentation, pour batter into round cake pan.

Cut into wedges and serve with raspberry or strawberry sauce.

Note: The brownies can be reduced in calories by substituting the 1 1/4 cup sugar with 1 cup sugar and 1/4 cup Splenda.

Serves 20

Nutritional information per serving:

Calories: 115
Fat, gm.: 5
Protein, gm.: 2
Carbs, gm.: 16
Cholesterol, mg.: 25
Fiber, gm.: 1.9