



# OSTEOPOROSIS NEWSLETTER

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Editor

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## June is Dairy Month

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**Get Moo-ving, Wisconsin!**  
**Stay active and enjoy dairy as part of a balanced diet**

The Wisconsin Milk Marketing Board (WMMB) is celebrating Dairyland pride this June Dairy Month with its family-focused “Get Moo-ving” campaign, designed to showcase REAL dairy products and the state’s leading industry. This year, WMMB is spotlighting two of Wisconsin’s best assets – dairy foods and bike trails – for an active, fun promotion.

“America’s Dairyland is full of scenic regional bike trails,” said Dave

Bavinka, WMMB vice president of advertising. “We encourage everyone to get active, either on or off the trails during June, and want to remind people that dairy is part of a healthy diet.”

The June Dairy Month activities will get off to an energetic start June 1 at the Milwaukee Brewers Dairy Day Game at Miller Park, where attendees can take part in a mooing contest and meet June Holstein, WMMB’s irresistible June Dairy Month Mascot, along with select members from America’s Dairyland Cycling Team.

A traditional part of the June promotion is a recipe collection featuring an array of the state’s dairy products. This year’s brochure includes information about six Wisconsin Bike trails (including maps) and tips of dairy and cheese shops along the way. The free brochure can be downloaded from [www.WisDairy.com/](http://www.WisDairy.com/) GetMooving. The website has additional information.

**Local events:**

- June 7: Cows on the Concourse
- June 14: Breakfast on the Farm in Waunakee
- June 21: 12<sup>th</sup> annual Stoughton Farm Breakfast

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

Tuesday June 10 - Karyn Moehring, UW Health registered dietician and clinical nutritionist, will discuss “Nutrition for Healthy Bones, Muscle Strength and Coordination”.

On Tuesday, July 8 - Dr Neil Binkley will present his annual report on recent research advances in the field of osteoporosis treatment and prevention.

**B.O.N.E.S. SUPPORT GROUP**  
**will meet on June 10th at Oakwood Auditorium 6209 Mineral Point Road Madison**

**1:30-2:30 p.m.**

**Questions? Call 265-6410 for information.**

# Adaptations for Daily Living with Osteoporosis

At the April 8<sup>th</sup> B.O.N.E.S. meeting, Mindy Wiseman, occupational therapist at Care Wisconsin, gave us a lot of useful information along with several handouts. She also demonstrated several aids. This is a summary of some of the tips she gave us.

## Sample of aids for daily living

- Sock aid for putting on socks.
- Long handle bath sponge with handle that can be curved to make it easier to reach back.
- Coiler shoe laces eliminate the need of tying shoe laces. Also consider shoes with Velcro closings.
- Long handle toenail clipper with magnifying lens.
- Reachers come in various

lengths and sizes.

If any of these intrigue you, you may want to do a Google search for dressing aids. There are several online suppliers. Kinsmanenterprises.com is one with a good selection. The place with the best selection of dressing aids in Madison is Meriter Home Health at 2180 W Beltline Hwy next to Ward Brodt Music Mall near Todd Drive.

Also available are shoes and boots that are curved up in front to prevent tripping on cracks, etc.

## Two of the things you can do:

- Move one leg back while brushing teeth to keep back straight. The other

knee will bend forward against vanity to help balance.

- Have cordless phones located throughout the house to avoid rushing to answer phone.

## Fall Prevention Tips (There are many more):

- Maintain proper posture
- Engage in regular physical activity:
  - Do exercises for balance, strength and flexibility.
  - Walking, Tai chi, dancing

## Gardening Tips:

See the April Osteoporosis Newsletter at [www.uwosteoporosis.org](http://www.uwosteoporosis.org).

## Osteoarthritis: What Can Help?

Barbara Luedke, Physical Therapist with the UW Health Rehab Clinic was the speaker for the May B.O.N.E.S. meeting.

Osteoarthritis (OA), inflammation of the joints, is a slow, progressive degeneration of the joint structures. It is characterized by erosion of articular cartilage with pitting and fissuring, reactive bone growth in the subchondral bone and the margins on the joint and synovial inflammation. It is the most common form of

arthritis. There is no cure.

Primary OA is due to normal aging and in women, it is more often in the knees and hands than hips.

Secondary OA occurs when an abnormal load or stress is placed on normal cartilage, usually the result of trauma or disease.

## What can help? .....Joint Protection

- Decrease abnormal mechanical load
- Strengthening

- Stretching
- Endurance Training
- Proper footwear
- Pain Control
- Physical and Occupational Therapy
- Medication
- Surgery

The aids for daily living shown above may be helpful. Another one is walking sticks to help provide support and balance. For more information, see [www.arthritis.org](http://www.arthritis.org)

# Walk Your Way to Good Health

Walking is one of the easiest ways to add physical activity to your day. It is simple, convenient and doesn't require special clothing or equipment – just a pair of sturdy shoes. You can get started in three easy steps.

Almost anyone can walk for exercise, almost anywhere. It is easy to fit a walk (or two or three) into your day. You don't need special clothes (except good walking shoes) or a gym membership. And walking has a low injury risk.

Walking also can help you lower your risk for cancer, heart disease, stroke, Type II Diabetes and osteoporosis. Along with eating healthy foods in appropriate portions, walking can help you control your weight. Other benefits from regular walks include boosting energy, reducing stress, sleeping better and improving your mood.

## Step 1. Get Ready

Before starting or changing your exercise program, talk to your doctor about a safe level of physical activity for you. Next, make sure you have walking shoes with a low, rounded heel and flexible sole. They should support your arches, cushion your feet and be lightweight and ventilated.

Walking shoes don't have to cost much: shop at a discount store

or look for markdowns at large chain stores. To help your shoes last longer, wear them only for walks.

Dress for the weather: wearing layers will allow you to cool off or warm up as needed. Take sunscreen, a hat and a water bottle.

Now find a place to walk. When walking outside, keep safety in mind. Choose streets with level sidewalks, a park with a well-worn path or even an outdoor track at your town's high school or college campus. If walking at night, walk with a companion. Make sure the area is well lit so you can see clearly where you place your feet. Wearing light-colored, reflective clothing or shoes can make you more visible to drivers. Skip wearing headphones and turn off the cell phone so you will hear traffic and stay aware of your surroundings.

Indoor walks are fun in malls or museums. Take the stairs at work and in public buildings, and park several blocks away from your destinations so you'll have to walk farther to get there.

## Step 2. Start Walking

Make it your goal to walk every day. If you are inactive now, start with a 10 minute walk every day for a week. Add 5 minutes each week. In 10 weeks you'll be walking an hour a day, the amount

of exercise American Institute for Cancer Research recommends to keep your cancer risk low.

Start walking at a slow pace. After a few minutes, stop and stretch your hamstrings, thigh muscles and any other muscles that feel tight. Stretch slowly, as far as feels comfortable, and hold for about 30 seconds. Steady yourself against a wall when doing leg stretches. End your walk at a slower pace and stretch again.

Walk at a pace where your heart rate and breathing are faster than normal, but you still can carry on a conversation without any trouble. Pick up the pace as walking gets easier.

## Step 3. Keep Walking

To make your walking program easy to stick to, find a friend to walk with or form a walking group so you are less likely to skip your walk. Use a pedometer, which clips to your belt or clothing and counts the steps you take. The government's Centers for Disease Control and Prevention recommends walking 10,000 steps per day. With about 2000 steps in a mile, that's about 5 miles a day. Have fun trying to increase the number of steps you take, no matter what your total is.

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I would like to print your bone health recipes. Please send them to [neon@bones.net](mailto:neon@bones.net). If you want to mail them, call Neon at 608-442-3365. Thank you.



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# RECIPE FILE

**Sip something smooth this season.**

As the weather gets warmer, sipping on a chilled drink like this smoothie will keep you cool and wake up your senses. Strawberries and kiwi fruit provide a hearty dose of vitamin C and their vibrant colors are a sign that they are rich in disease-fighting phytochemicals. This simple recipe makes a great mid-day snack and will put you one-step closer to meeting the recommended goal of 5 to 9 servings of vegetables and fruit each day.

## **Strawberry Kiwi Smoothie**

1 bag (10 oz) unsweetened frozen strawberries  
2 fresh kiwi fruit, peeled and sliced  
1 container (8 oz) strawberry nonfat yogurt  
1 tsp. almond extract  
Fat-free milk (optional)

Combine all ingredients in a blender and whirl until desired consistency is reached. If thinner consistency is desired, continue blending and add milk one tablespoon at a time until desired thickness is reached. Makes 4 servings.

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