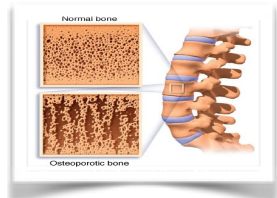


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# Strive4Health

Newsletter of Strive Health and Physiotherapy  
General Practice + Physiotherapy



## No bones about it....

**Osteoporosis** occurs when bones lose their strength and density. They become fragile, weak and brittle, and can fracture (break) more easily.

Osteoporosis literally means 'bones with holes'. It occurs when bones lose minerals such as calcium more quickly than the body can replace them.

Activity and a healthy diet rich in calcium and vitamin D can help prevent osteoporosis.

..... continued on Page **4**

# Bone Friendly Recipe



## **Stuffed capsicums with cheese**

### Ingredients

- 2 large red or yellow capsicums, halved, remove seeds
- 1 slice of whole grain bread, chopped into small pieces
- 100 g. cooked ham, chopped into tiny pieces
- 150 g mozzarella, slice into cubes
- 20 g. dark olives, without pit (optional)
- salt and pepper to taste
- fresh oregano leaves or other fresh herbs to taste

### Preparation

- 1 Pre-heat oven to 200 °C.
- 2 Cook the pepper halves in salt water for ca. 6 minutes, drain and dry with paper towel.
- 3 Place peppers on a lined or greased backing pan.
- 4 Stuff the pepper halves with the main ingredients, sprinkle with salt, pepper and fresh herbs.
- 5 Bake in the top half of a pre-heated oven for about 10-15 minutes

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# Physiotherapy and Osteoporosis



**Physiotherapy** intervention for individuals with osteoporosis, or even osteopenia, should include:

- weight-bearing
- flexibility exercises
- strengthening exercises
- postural exercises
- balance exercises

## **Weight-bearing exercises**

Exercises such as walking or hopping, has been shown to maintain or improve bone density. Strengthening exercises, using weights or resistance bands, has also be shown to maintain or improve bone density at the location of the targeted muscle attachments. Maintaining bone health is extremely important, especially in the elderly as there is typically has a decline in bone mass with age.

## **Flexibility and strengthening exercises**

These can help improve the individual's overall physical function and postural control. Improving postural control is important to reduce the risk of falls. Falls can result in fractures in frail individuals. Balance exercises are also important to incorporate to further reduce the risk of falls.

## **Postural exercises**

These are crucial to prevent structural changes that often accompany osteoporosis, such as thoracic kyphosis (Dowager;s hump). Every osteoporosis program should include extension exercises; chin tucks, scapular retractions, thoracic extensions, and hip extensions. Strengthening the extensor muscles will promote improved posture and improved balance.

'Til next time,

Robert.

**Continued from page 1....****Are you at risk? Risk factors include:**

- inadequate amounts of dietary calcium
- low vitamin D levels
- cigarette smoking
- alcohol intake of more than two standard drinks per day
- caffeine intake of more than three cups of tea, coffee or equivalent per day
- lack of physical activity
- early menopause (before the age of 45)
- long-term use of medications such as corticosteroids for rheumatoid arthritis and asthma.

**How can it be prevented?**

- have a healthy and varied diet with plenty of fresh fruit, vegetables and whole grains
- eat calcium-rich foods
- absorb enough vitamin D
- avoid smoking
- limit alcohol consumption
- limit caffeine
- do regular weight-bearing and strength-training activities.

**Treatment:**

- Stop smoking
- Get some sun – but keep in mind the recommendations for sun exposure and skin cancer prevention.
- If you drink alcohol only do so moderation.
- Limit caffeinated drinks – Drink no more than two to three cups per day of cola, tea or coffee.
- Safe exercise - see our physiotherapists article in this issue.
- Prevent falling - make your home “falls free”.
- Medication.

August is health bones month at Strive, **call** to make your appointment for a “healthy bones check-up”

Yours in health,

**The Strive Health Team**



## Puzzle Page



### **Puzzle 1**

Exactly how many minutes is it before seven o'clock, if 40 minutes ago it was three times as many minutes past two o'clock?

### **Puzzle 2**

English can be a strange language sometimes.  
How should this word be pronounced?

**GHOTI**

# Answers

1. 65 minutes

2. FISH - the GH as in enough, the O as in women, and the TI as in motion!