**Bone Health - Educational and Preventive Health Event – Station D**

**Other Practical Information for Station D**

* **Carbonated beverages**
* Several observational studies link frequent intake of mostly colas, with low BMD, hip fracture, and low calcium, however, unclear if this is due to low calcium, fruit intake as well, or other confounders.
* **Smoking**
* Longevity associated with lower BMD, increased fracture risk
* **Alcohol**
* >2 drinks per day increased risk for fractures, in both postmenopausal women and men, however, alcohol in moderation >1day is shown to be more beneficial in bone protection than those who don’t drink
* **Caffeine**
* Variable, low quality studies mention risk, dose dependent relationship so more caffeine = greater risk of fracture
* **Fall risk**
* Reduce risk of falling by 10-25% with any of the following: gradual withdrawal of psychotropic meds, multi-component group exercises, home safety interventions (e.g. Hand rails), Vit D
* up to 30% of seniors >65yo have a fall annually, 1 in 5 need medical attention
* **Calcium supplementation**
* Health Canada recommends adults (19-50) not take more than 2500mg/day of elemental calcium supplements, 2000mg/day for older adults
* 1000mg of elemental calcium for women (up to 50) and men (up to 70) daily, then push to 1200mg in older adults but watch out for MAX upper limit to avoid hypercalcemia and CV risk
* Only 500mg of elemental calcium is absorbed at one time so if >500mg/day is needed, take in divided doses.
* Calcium supplements should be used with caution in history of renal stones, but dietary changes are safe
* See Ca Supplement Summary for elemental Ca++ in different calcium salts
* Most calcium supplements need Vitamin D and an acidic environment for absorption so best to take these with food. Calcium citrate is absorbed well in non-acidic conditions.
* **Vitamin D supplementation**
* Best evidence is for Vitamin D supplementation rather than calcium, although some evidence says Vit D needs calcium to have the same effects
* Vitamin D – 800 -1200 IU/day
* Recommend supplementation with Vitamin D for those patients who may be deficient in Vitamin D.