



## IHHS-HEALTH & WELLNESS CENTER

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The Local People Serving You

### Osteoporosis

#### - Prevention and Treatment

In postmenopausal patients progesterone is a vital link in a chain of multiple factors which, together, are necessary for good bone building. This chain includes *proper diet, a few nutrient supplements, exercise, avoidance of cigarette smoking, and hormone use*. One or another of the factors, if missing, will prevent the chain from doing its work.

#### Diet

Chew your food well, and drink 8 glasses of water daily. Emphasize fresh vegetables, particularly broad leafy greens, legumes, nuts, seeds. Restrict or avoid "soda" and limit red meat to 3 or fewer times per week. Choose whole grains over refined flour but limit intake of wheat. Limit alcohol use. Dairy products are not necessary. Cheese is OK. Rotate the variety of food you eat, and wash your fruits and vegetables well. Avoid prepackaged foods. Decrease body weight if overweight.

#### Patients should supplement with:

- Vitamin D 2000-5000 I.U. daily, and other vitamins;
- Vitamin C 2 grams twice daily
- Vitamin E 400 I.U. - 800 I.U.
- Vitamin K2
- Folic Acid
- Vitamin B-12
- Betacarotene 15mg/day (or Vitamin A 25,000i.u./day)
- Zinc 15 to 30 mg a day
- Calcium Microcrystalline Ca Hydroxy-Appatite 1000mg/day + diet, and other minerals;
- Magnesium 300 to 800 mg/day supplement
- Added Trace minerals, Phosphrous, Boron, Silicon, Strontium, Vanadium, Molybendium, Seleniomethoiate
- Therapeutic Multiple Vit/Mineral/Trace mineral Take daily.
- Herbs; Gentian Root, Horsetail

#### Exercise

It is recommended to perform weight bearing, and vigorous exercise for 20 minutes daily or 1/2 hour at least 3 times per week.

**Estrogen and Progesterone** supportive treatments may be utilized as well. Estrogen slows bone osteoclast resorbtion [breaking down the old bone for new growth] and progesterone increases osteoblast activity for more bone growth.

Please contact the IHHS Health & Wellness Center for more information.