Appearance and self-esteem

"Osteoporosis can affect your posture and appearance. Unfortunately, a youthful appearance is important to many of us. Osteoporosis can cause physical changes that exaggerate the appearance of aging. The most obvious change is in the curvature that sometimes occurs in the upper spine from fractures. This curve is called kyphosis. Kyphosis can also cause the stomach to stick out as well as other problems. Despite the fact that kyphosis occurs in many older women, little has been done to understand or control its impact. Clothes are not designed to accommodate these posture changes. And, as people see the ways osteoporosis changes their bodies, they can experience diminished self-esteem." For fashion suggestions, please visit wwwnoforg and search under Living with Osteoporosis. Emotions Aspects of Osteoporosis, or call NOF at 1 (800) 223-9994 and request a copy of Style Wise: A Fashion Guide for Women with Osteoporosis.

The page also discusses the fear of breaking a bone, and depression. [Free copies of the Style Wise brochure are available at our group meetings.]

Does osteoporosis affect teeth and jaw bone? Can it cause teeth to shift? We asked Dr. Gruntmanis, who has spoken at our group, these questions. He texted, "What takes place in back, hips also happens in the jaw, yet 'shifting' would be unusual. ...make sure [your] calcium intake is adequate, as measured by 24hr urine output of calcium (must be ~200mg) and 25 vitamin D level above 30ng/ml."

Aging, Exercise and Brain Health Study: Clinical Research Recruitment

The Institute for Exercise and Environmental Medicine, 7232 Greenville Avenue, Dallas, Texas 75231 is seeking healthy people to participate in a number of studies to determine the effects of physical activity on the aging brain. If you are interested in one of the following studies, you may contact:

Memory & Exercise Study: Estee Brunk 214-345-4556, esteebrunk@txhealth.org

Aging & Brain Health Study: Cindy Tinajero, RN 214-345-4588, cindytinajero@txhealth.org

Blood Pressure: Rhonda Meier, 214-345-4656, rhondameier@txhealth.org

**At present, there is no active study at this facility of the effects of exercise on osteoporosis, or low bone density. Perhaps, if you were to ask for one...?!

Can you help?

Do you like to write letters? Do you have e-mail, or like to drive (not too far)? I desperately need your help with group publicity—(just whatever time fits your schedule.)

Would you like to know more? Please let me know.

Group co-leader, Jennie, 972-965-1467 or e-mail, jennieimage@txrr.com

Volume 3, Issue 11

December 2011

Next meeting

© Sat. January 14, 2012
10 am in Conf. Rm 3
Methodist Richardson Medical Plaza 1, 403 W. Campbell Rd

Garage Sale

A Spring sale, to raise funds for the group, is in the early planning stages. If you have experience with garage sales, have ideas for a good location, and/or just want to help, please contact Elizabeth Kimbrough, 972-238-8413.

Meanwhile, please be setting aside any suitable items, new or used.