Keep Your Bones Strong!

The North Dallas Osteoporosis Support Group meets monthly to provide information and support for those who have or want to know more about osteoporosis and osteopenia. At the July 10 meeting, over 40 attendees learned how important it is to reduce the risk for bone fractures in a presentation by Elaine Trudelle-Jackson, PT, PhD, Associate Professor at the School of Physical Therapy at Texas Women’s University in Dallas.

Professor Trudelle-Jackson encouraged those with low bone mass to “keep moving in order to keep your muscles strong and to maintain balance,” both key in preventing falls which could lead to bone fractures. Bone density can be maintained or increased with calcium, vitamin D, and regular weight bearing and muscle strengthening exercises. Walking at a brisk pace is excellent for bone strengthening, and can be done on a treadmill, in your neighborhood or at a mall.

The North Dallas Osteoporosis Support Group, an outreach of the National Osteoporosis Foundation, meets the 2nd Saturday of each month from 10-11 a.m. at Methodist Richardson Medical Plaza 1, located at 403 Campbell Road in Richardson. Osteoporosis is not just an old person or women’s issue. Learning about bone health is important for both men and women, young and old.

The group’s next monthly meeting on Saturday, August 14 will feature Pilates exercises designed to help increase bone density, flexibility and balance. All are welcome to attend.