Effects of Calcium-Vitamin D3 and Exercise on Bone Structure and Strength in Older Men

Results of this trial, published January 5, 2011, in the Journal of Clinical Endocrinology & Metabolism, demonstrate that "a community-based, exercise program incorporating a combination of progressive resistance training and weight-bearing impact exercise was safe, feasible and effective for improving bone health at the femoral neck and lumbar spine as well as muscle strength, mass and size in healthy middle-aged and older men. However, daily consumption of 400 mL of low fat (1%), calcium-vitamin D3 fortified milk did not enhance the effects."

For the trial details go to http://jcem.endojournals.org/cgi/content/abstract/jc.2010-2284v1

[This link provided to the editor by a group member—thank you!]

NOF GUIDELINES
To protect bone health, it is important that all persons have a nutritionally balanced diet, which includes calcium-rich foods and vitamin D. Adults age 50 and older need 1,200 mg of calcium and 800-1,000 IU of vitamin D every day, food sources being preferred. Adults under age 50 need 1,000 mg of calcium and 400–800 IU of vitamin D every day.

A program of appropriate weight-bearing and muscle-strengthening exercises also helps to promote bone health. www.nof.org

Osteoporosis drug linked to reduction in colorectal cancer risk

The use of oral bisphosphonates for at least 1 year resulted in a 59% reduction in relative risk for colon cancer, according to recently released results from the Molecular Epidemiology of Colorectal Cancer study. Rennert G. Journal of Clinical Oncology, Feb. 2011

YOUR GYM FEES MAY BE TAX DEDUCTIBLE

The IRS recently clarified the circumstances under which a taxpayer may deduct gym fees as medical expenses. Taxpayers can currently deduct expenses paid for medical care to the extent those expenses exceed 7.5% of their adjusted gross income. Medical care is defined as those amounts paid for the diagnosis, cure, mitigation, treatment, or prevention of disease, or for the purpose of affecting a structure or function of the body. In its release, the IRS indicated fees paid to health institutes where the taxpayer exercises, are generally personal expenses. However, these expenses may be deductible as medical expenses when a physician prescribes the treatments and provides a statement indicating they are necessary to alleviate a physical or mental defect or illness of the individual receiving the treatments.

From: Tax & Business Alert, February 2011

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