Whole Body Vibration focus of August 13 meeting

At our August 13 Richardson meeting, speaker Andjelka Pavlovic, a Texas Women’s University doctoral candidate in exercise physiology, presented the results of a recent study of the effects of Whole-Body Vibration (WBV) on bone density.

Pavlovic described WBV as an alternative method to traditional exercise that has shown to increase muscular strength, performance, and bone density. Participants generally stand on a platform that transmits vibrations from the feet throughout the body. These vibrations lead to muscular contractions and place a slightly higher load on the skeleton.

Pavlovic’s study used a sample pool of 27 sedentary women, aged around 62 years of age, who were randomly placed into one of three groups — control, low-intensity and high-intensity [vibrations]. Bone mineral density, muscular strength, and balance were measured. At the conclusion of this comparatively small study, Pavlovic said there were no statistically significant findings. However, the high-intensity group demonstrated increases in hip and lower back BMD of 3.8% and 4.8% which may be clinically significant.

Pavlovic said that other randomized controlled trials on WBV to date “observed either an increase or maintenance with no declines in BMD [bone mineral density]. Perhaps that in itself is of clinical significance due to the age-related/inevitable decrease in bone mineral density.”

38 people came to our group meeting on Saturday, August 13. Here are some attendees with our excellent speaker, Andjelka Pavlovic, in the orange shirt.

Exercise guidelines

As part of her presentation, Pavlovic referred to the American College of Sports Medicine (www.acsm.org) exercise guidelines for those with osteoporosis or low bone density. The ACSM recommendations include weight-bearing aerobic activities 3 – 5 days per week and resistance exercises 2 – 3 days per week, with the intensity and duration depending on your fitness level. Pavlovic added, “Try to exercise on most days of the week, even if that means going for a 15 minute walk instead of watching TV!”

And she listed some things to avoid:

▲ Pain during exercise
▲ Exercises that involve explosive movements
▲ High-impact loading
▲ Exercises that cause twisting, bending, or compression of the spine
▲ Sedentary lifestyle.

Did you know...?

◆ That certain foods may affect the absorption of the medicines you take. Check with your pharmacist.
◆ That it costs around $300 per year to run this group. Any contributions, however small, would be appreciated. Please make your check out to NOF, with a notation that it is for our group account, and mail to: NOF, 1150 17th St. NW, Suite 850, Washington, DC 20036 or phone 1-800-231-4223. Thank you!

NATIONAL OSTEOPOROSIS FOUNDATION NORTH DALLAS SUPPORT GROUP

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Calendar

◆ Sat. Sept. 17, 10am-2pm: Farmers Branch Health & Wellness Expo
◆ Sat. Sept. 24, 9 am-1pm: Healthy Living Expo at Garland ISD Special Events Center
◆ Sat. Oct. 8, 10-11 a.m. Group meeting at Methodist Richardson’s Bush/Renner location (see separate sheet) Speaker: Elaine Trudelle-Jackson, PT, PhD, Associate Professor, TWU, School of Physical Therapy

Please note: regarding a WebMD article in last months newsletter, about Forteo. My AARP MedicareRx Preferred plan says my cost for Forteo would be $71 per month! Nowhere near the $400 per month stated in that article! Jennie