Calcium recommendations, the latest

Following is a statement by the National Osteoporosis Foundation on Calcium Recommendations

WASHINGTON, DC (August 2, 2010) - According to the National Osteoporosis Foundation (NOF), adults under age 50 need a total of 1,000 mg of calcium from all sources every day. Adults 50 and older need a total of 1,200 mg of calcium from all sources every day. Food remains the best source of calcium. Calcium supplements should only be used when adequate dietary intake cannot be achieved. Getting too much calcium from supplements may increase the risk of kidney stones and other health problems. According to most experts, the safe upper limit for total daily calcium intake from all sources is 2,000 - 2,500 mg. If you are able to get enough calcium from your diet and have concerns about taking calcium supplements, you should discuss these concerns with your healthcare provider.

Source: www.nof.org

Your group co-leaders are: Jennie Image, 972-965-1467 and Elizabeth Kimbrough, 972-238-8413

WHAT IS PARATHYROID HORMONE (PTH)

Parathyroid Hormone (PTH) is a peptide hormone produced by the parathyroid glands. It binds to receptors in the bone and kidney. A decrease in serum calcium concentration and an increase in serum phosphorous concentration stimulate PTH secretion. PTH also:

* stimulates osteoclastic bone resorption indirectly to release calcium from bone.
* stimulates bone formation that is coupled to bone resorption.
* increases renal tubular reabsorption of sodium.
* stimulates the renal production of 1,25 dihydroxyvitamin D to increase calcium absorption from the intestine.
* enhances renal phosphate and bicarbonate excretion.

Source: Education Committee of the American Society for Bone & Mineral Research

Meetings October 9 and Nov. 13 (or Dec. 11)

Elizabeth Kimbrough will present Healthy Bones, Build Them for Life, a 2-part NOF presentation

Oct. 9 Part 1: Learning if you’re at risk for osteoporosis, preventing bone loss at any age, diagnosing osteoporosis

Nov 13 or Dec. 11 Part II: Treating osteoporosis, living with osteoporosis, (including tips on safe exercise, and fall prevention)

Each part is a 20-minute slide presentation followed by questions and discussion.

—Part 1 is a great opportunity to ask friends and neighbors to come along, even youngsters!

Next NOF Webinar

Don't forget to register for the next webinar Exercise for Your Bone Health, presented by Karen Kemmis, PT, DPT, MS on September 22 at 2 pm EST. www.nof.org

CALENDAR

♦ Sept. 25 City of Garland Health Expo 9am-1pm
Volunteers needed to help at our table

♦ October 9 Group meeting, Richardson, Room 1

♦ October 16 group meeting at Baylor Senior Health Center at Garland, 10—11 am (see below)

♦ November 13 Group meeting, Richardson

New meeting location-Garland!

Our group is now able to offer occasional meetings at a new location—Garland

The first meeting will be on Saturday, October 16 from 10-11 am at

Baylor Medical Center Garland: Senior Health Center

800 North Shiloh Road

Garland. (between Buckingham and W. Walnut.)

in their conference room located toward the rear of the building. Enter via the front door.

Program: Guest speaker, Janet Wasson, RN: osteoporosis educator for Lilly Pharmaceuticals (Evista® and Forteo®)