

Healthy spine focus on World Osteoporosis Day

World Osteoporosis Day may be just one day of the year, but for New Zealanders the key messages about spinal health can last a lifetime.

Vertebral fractures due to osteoporosis are common and can cause pain, loss of mobility and height, deformity (i.e. Dowager's Hump), respiratory and gastrointestinal symptoms. Research suggests that about one fifth of Australian and a quarter of American women are affected, with the incidence, understandably, increasing with age. There is little reason to believe that New Zealand is any different.

The presence of a vertebral fracture is considered a risk of further fractures – fivefold in the spine and double at the hip. We know that about 20% of women will develop a second vertebral fracture within one year of the first.

There are several important signs that show that one or more vertebral fractures may have occurred:

- Loss of height (more than 3 cm)
- Sudden severe back pain in the mid and lower spine
- Increased stoop or 'Dowager's Hump'

Currently in New Zealand most of these fractures go undiagnosed, so it is important that men and women over the age of 50 years discuss any loss of height or severe back pain with their doctor as soon as it occurs, as it is not necessarily due to arthritis or muscle strain.

There are several effective treatments available, which can reduce the risk of further fracture by up to 65%.

Vertebral fractures need to be recognised and their clinical significance appreciated to prevent what is referred to as 'the fracture cascade' and its associated pain, disability and deformity.

If you are over 50 years, ensure your doctor is aware of these signs.

Adapted from an article by Dr Mike Nowitz – Inside Story - Pacific Radiology Referrer Newsletter June 2010

Build your bones - calcium is vital

Our bodies need calcium and, as we do not manufacture it, a regular daily intake is needed to maintain bone health. 98% of the body's calcium is in the bones so feeding the 'bone bank' is vital.

In the past people with a low intake of calcium were encouraged to take calcium supplements. However, recent evidence from the Auckland Calcium Study indicates that a one gram calcium supplement in elderly women is associated with an increased risk of myocardial infarction. This has caused doctors and patients to request advice regarding the use of calcium supplements.

It is likely this is primarily a problem for older women because they are more likely than younger subjects to have coronary heart disease. Therefore, it seems wise to advise against calcium supplementation for those over the age of 70 years and those known to have coronary heart disease.

Currently there is very little data relating to the cardiovascular effects of calcium supplements in older men but similar caution may be appropriate.

As far as possible, calcium should be from dietary sources, aiming at a total calcium intake of approximately one gram/per day (equivalent to four servings of dairy products). For instance, in a person consuming about 0.5g a day, calcium supplementation should not exceed 0.5g.

There is no reason, on the basis of the Auckland Calcium Study, to reduce calcium intake in children, adolescents or young and middle-aged adults.

This information is derived from the current Osteoporosis New Zealand management guidelines which appear on our website www.bones.org.nz.

Adapted from an article by Dr Mike Nowitz – Inside Story - Pacific Radiology Referrer Newsletter October 2010.

Find out more about osteoporosis on our website.

It contains information on how to find the nearest DEXA scanner to you, practical advice on caring for your bones and information on prescribed medications, plus links to other interesting sites.

Go to www.bones.org.nz



Winner of the Pharmacist medal, Anne Mills with Dr Peter Moodie of Pharmacist, at the 2010 'You Deserve a Medal' awards. Anne leads an active lifestyle even after three hip replacements. Read more about Anne and our other medal winners inside.

You Deserve A Medal - Can do - will do attitudes win



L-R: Lida Mclvor, Grace Suckling, Hon. Pansy Wong, Anne Mills



Approximate calcium content in foods

MILKS

200ml glass of yellow lid	400mg
200ml glass of light green lid	300mg
200ml glass of light blue lid	275mg
200ml glass of dark blue lid	230mg
200ml glass of calcium enriched soy milk	228mg
200ml glass of calcium enriched rice milk	240mg

YOGHURTS/CHEESE

40g cheddar	300mg
1 x pottle of yoghurt	200 - 400mg

A pottle of yoghurt can range from approximately 200 - 400mg so choosing wisely can make a huge difference to your calcium intake.

Other food containing calcium

Small tin canned sardines	450mg
1 cup fortified breakfast cereal	200-400mg
1 cup of tofu	270mg
1/2 cup ice cream	110-275mg
100g cooked, peeled prawns	190mg
1/2 cup steamed spinach	130mg
Small tin canned salmon, drained	70mg
1 cup steamed broccoli	60mg
1/2 cup steamed silver beet	60mg
1 tablespoon tahini	50mg
10 almonds	30mg
1/2 cup cooked red kidney beans	30mg



We were delighted to announce this year's winners of the 'You Deserve a Medal' awards for their 'can do' attitude in later life.

The finalists, all aged over 65 years, were selected for their commitment to exercise and active healthy living. Dr Grace Suckling, Mrs Lida Mclvor and Mrs Anne Mills were presented with their awards on 21 October 2010 at Parliament by Hon. Pansy Wong.

The sponsors of this year's awards **ACC, Pharmac and Nutrition NZ**, each selected a winner who embodies the 'can do' attitude the 'You Deserve a Medal' awards recognise.

ACC medal winner, Mrs Lida Mclvor, is described by those who know her as a survivor. As a child she lived in German labour camps and immigrated to New Zealand after World War II as a refugee. At 40, she developed severe asthma which almost proved fatal. To combat her illness, she began weight training and working out. Thirty-one years later, the only days she misses her workout are when the gym is closed or due to the occasional illness. Lida believes physical activity and hard work are essential to a healthy and successful life.

Lida also has a passion for gardening, supplying friends and family with fresh produce and for years she supplied an Auckland supermarket with fresh organic produce for free because of her love of gardening and helping those around her. She endeavours to help friends and family lead a fit and healthy lifestyle. Lida has inspired many through her incredible spirit and strength of mind.

Nutrition NZ medal winner, Dr Grace Suckling, knows how important it is to be active for her mental, emotional and physical well-being. Grace enjoys daily one hour walks on Waikanae beach and tramping trips to the South Island.

Recently she impressed friends by walking for 2.5 hours to Puyseker Point in Fiordland.

Grace is a volunteer guide at Nga Manu Nature Reserve, on the Kapiti Coast, and is involved with the Waikanae Lagoon Tours. Both require an extensive knowledge of the wildlife breeding operations and natural history, as well as physical fitness. In her earlier years, Grace practised children's dentistry and was a dental researcher with a particular interest in the effects of fluoride on teeth. After retiring, she obtained her Doctorate of Dental Science and has helped advance the knowledge of tuatara teeth through her work with Nga Manu.

Pharmac medal winner, Anne Mills, has a full schedule with work, volunteering and family commitments keeping her busy. She coordinates the Steady As You Go falls prevention programme throughout Central Otago, as well as co-coordinating and instructing Tai Chi lessons for the over 65s. She walks daily with her daughter, is very involved with her 17 grandchildren and enjoys caring for a large garden. Anne also belongs to a multitude of community organisations including, Senior Citizens' Club, Rotary Club, Probuss, Reap and Central Otago Health.

Anne is an inspiring role model. Between the ages of 57 and 63 years she had three total hip replacements. The benefits of strength and balance exercises and Tai Chi have led to her being symptom-free. She promotes active living by being a role model and through providing information to groups about the Steady As You Go programme.

For more about our extraordinary medal winners see our website www.bones.org.nz



Summer is coming - make more vitamin D

Adequate intake of vitamin D, which helps calcium absorption, is essential. Vitamin D forms when the skin is exposed to sunlight.

During the daylight saving months, people should obtain some sun exposure in early morning or late afternoon when the sun is not too strong. About 15 minutes is sufficient.

Small amounts of vitamin D can also be obtained in foods such as fatty fish, eggs and liver. Recommended daily vitamin D intake ranges from 5 to 15 micrograms per day, with higher amounts recommended for older people.

Because dietary sources of vitamin D are few, for people who do not get sufficient daily exposure to direct sunlight (e.g. older people in rest homes or who remain indoors, people with pigmented skin, women who remain covered for cultural reasons) it is recommended they take a vitamin D supplement. It has been suggested that people in the southern regions of New Zealand should also consider the use of vitamin D supplements through the winter months.

Approximately 27,000 older people live in residential care in New Zealand. About two-thirds of these people fall each year and it has been established that vitamin D supplements could reduce falls by a quarter.

ACC has developed a programme, offered in conjunction with DHBs and primary health organisations, to provide prescriptions of vitamin D supplements through health professionals. This programme could prevent up to 5,000 injuries a year.

If you are concerned about your vitamin D levels, see your doctor. If you would like information on the prescribing criteria for vitamin D supplements, call 0800 844 657, email fallstrategy@acc.co.nz or visit www.acc.co.nz/vitamin-d.

Vitamin D supplements have been shown to:

- enhance muscle strength by increasing the number and size of fast twitch muscle fibres, leading to improved gait and balance
- help in maintaining bone density through the absorption of calcium into the bones - which in turn reduces the risk of fractures for those who do fall
- reduce the risk of people developing many serious chronic illnesses, including rheumatoid arthritis, diabetes type 2, respiratory disease and some cancers

ANZBMS Bone Densitometry Training Course - May 2011

If you are involved in the diagnosis of osteoporosis then this course is for you! It is an opportunity to train in all aspects of densitometry, to reinforce existing knowledge and update on the latest advances. This accredited course provides DEXA technicians with a recognised qualification.

REGISTER NOW!

Email: info@bones.org.nz

You Deserve a Medal winners



Roll of Honour

Each year the most wonderful people are nominated for our 'You Deserve a Medal' awards.

With all deserving of recognition, the selection of just three or four winners from so many worthy candidates is no easy job for our judging panel.

We congratulate these amazing role models, who, through physically active lifestyles and contributions to community life join our 'You Deserve a Medal' Roll of Honour.

2002 - Bill Childs, Vicki Drew, Margaret Hughes, Nancy McNeil

2003 - Doreen Dickey, Katie Leggoe, Joan Parry, David Turnbull

2004 - Barry Everitt, Johanna Van Rooyen, Molly Whitley

2005 - Molly Armitage, Norma Riley, Jim Sharp, Jennifer Wilson

2006 - Joyce Abercrombie, Peter Johnston, Katharine Price, Colin Thorne

2007 - Stanley Blow, David Henry, June Struthers, Sien Van der Veecken

2008 - Dorothy Barker, Audrey Gifford, Peter Hanson

2009 - Lillian Langton, Lyndsay Nichols, Robin Smith

2010 - Lida McIvor, Ann Mills, Grace Suckling

Inspiration corner

'You can do anything if you have enthusiasm. Enthusiasm is the yeast that makes your hope rise to the stars. It is the sparkle in your eyes, the swing in your gait, the grip of your hand, the irresistible surge of will and energy to execute your ideas...'
Henry Ford

Kindly supplied by our inspirational 2007 'You Deserve a Medal' winner Mr Stan Blow.

Invest in Building Better Bones

We recommend you seek professional advice when drawing up your will and suggest the following wording: "I give to Osteoporosis New Zealand for the general (or specific) purposes of Osteoporosis New Zealand the residue of my estate (or the sum of \$.....) and I declare that the receipt of a proper officer of Osteoporosis New Zealand shall be a full and sufficient discharge to my trustees."



A gift in your will 'The ultimate gift'

A gift in your will to Osteoporosis New Zealand is a way to make a difference to the health of many thousands of New Zealanders in the future. It will prevent pain and suffering from broken bones and enable us to ensure valuable research into osteoporosis continues as well as providing information and education resources.

I can assure you that your money will be carefully looked after in The Osteoporosis New Zealand Endowment Trust and the trustees will ensure it is used as you have asked in benefiting people affected by osteoporosis and preserving the bone health of New Zealanders.

Best wishes to you all

Jennifer Button, Chair
Osteoporosis New Zealand

We would like to recognise the valuable contributions made by our partners to our ongoing success.



Rhubarb and yoghurt fool

245mg calcium per serve

With just three ingredients, this is a really speedy fool that's both tangy, sweet and a beautiful deep pink in colour.

Portions: 2

Time to make: 35 minutes

Ingredients:

- 4 stalks rhubarb
- 2 tablespoons brown sugar
- 1 cup Greek yoghurt (I used Cyclops)

Instructions:

1. Preheat the oven to 180°C.
2. Wash and chop the rhubarb into 5cm pieces. Place on a baking dish in a single layer and sprinkle with the sugar. Bake for about 20 minutes, until the rhubarb is soft.
3. When cooked, remove the rhubarb from the oven. Place in a blender and whiz until smooth.
4. Combine the yoghurt and rhubarb mixture together and gently mix. Spoon into glasses and sprinkle with a little extra sugar if desired.

Recipe by Niki Bezzant

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