

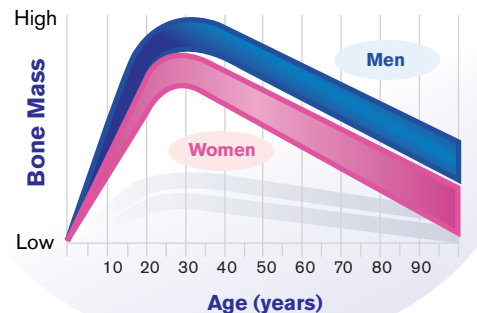


How to Prevent Osteoporosis

What is Osteoporosis?

- Osteoporosis is a condition that reduces the strength and density of bone.
- In most people bone density gradually decreases from about age 30.
- Bone loss often occurs without pain or other symptoms.
- Once osteoporosis has developed some people experience pain, fatigue or poor posture. Others are unaware of the condition until a sudden bump or light fall results in a broken bone.
- **1 in 4 women and at least 1 in 8 men over the age of 50 will develop osteoporosis.**
- The good news is that you can do something to prevent it.

Bone Mass Change



Reduce the Risk of Osteoporosis

- Eat a balanced diet rich in calcium and vitamin D
- Take calcium supplements with vitamin D if diet doesn't provide enough
- Stop smoking
- Reduce excessive alcohol intake
- Exercise regularly
- Regular bone density testing

Calcium Supplements

- Milk and milk products are the best dietary sources of calcium and vitamin D.
- The Canadian Community Health Survey indicates that as many as 72% of Canadian women under 50 years of age do not consume enough calcium from food on a daily basis.¹
- A calcium supplement will help you reach your daily calcium requirements.

Vitamin D

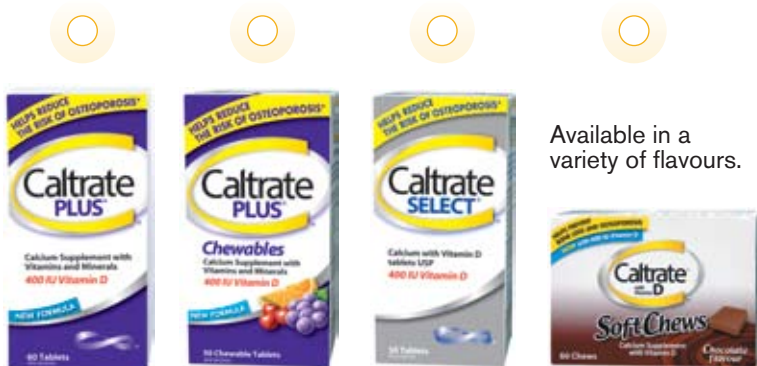
- Vitamin D increases calcium absorption by as much as 30%-80%.²
- Vitamin D is naturally made in our skin after sun exposure.
- Canadians are not exposed to adequate sunshine, which is the main source of vitamin D.
- Small amounts are present in foods such as milk, margarine, eggs and fish.
- It is difficult to meet the daily requirements for vitamin D from food alone.

Daily Calcium and Vitamin D Requirements for Males and Females

Age	Recommended Daily Intake of Calcium*	Recommended Daily Intake of Vitamin D*
4 to 8 years	800 mg	400 IU
9 to 18	1,300 mg	400 IU
19 to 50	1,000 mg	400 IU
51 to over 70	1,500 mg	800 IU
Pregnancy & Lactation	1,000 – 1,300 mg	400 IU

* 2002 clinical practice guidelines for the diagnosis and management of osteoporosis in Canada CMAJ 2002; 167:S1-S34

Caltrate Offers a Variety of Formats



Composition of Caltrate (per tablet)

	Caltrate Plus (Tablets & Chewables)	Caltrate Select	Caltrate Soft Chews
Elemental Calcium	600 mg	600 mg	600 mg
Vitamin D₃	400 IU	400 IU	400 IU
Vitamin K₁	20 mcg		
Minerals (bone fortifying)	50 mg Magnesium 7.5 mg Zinc 1.0 mg Copper 1.8 mg Manganese		

Dosage: One or two tablets or chews daily with food or as recommended by a physician. Take a few hours before or after taking other medications.

Calcium and Vitamin D Content of Common Foods

Risk Assessment

Everyone over the age of 65 and anyone over 50 who has at least one major risk factor, or two or more minor risk factors, should consult a doctor about a bone density test.

Major Risk Factors

- A bone that broke easily (after age 40)
- Compression fracture of a vertebra
- Family history of fracture due to osteoporosis (especially maternal hip fracture)
- Glucocorticoid therapy for more than 3 months
- Medical conditions that affect nutrient absorption
- Disease of the parathyroid glands (primary hyperparathyroidism)
- Tendency to fall
- Reduced bone density (osteopenia)
- Age 65 or older
- Early menopause (before age 45)
- Loss of menstrual periods in young women, or low testosterone levels in men

Minor Risk Factors

- Rheumatoid arthritis
- Overactive thyroid (hyperthyroidism)
- Chronic anticonvulsant (anti-seizure) therapy
- Low dietary calcium intake
- Smoking
- Excessive alcohol intake
- Excessive caffeine intake
- Body weight less than 57 kg (125 lbs)
- Loss of more than 10% of body weight at age 25
- Prolonged use of heparin (blood thinner)

	Amount	Calcium (mg)	Vitamin D (IU)
Milk and Alternatives			
Yogurt – plain – 2%, 1%	¾ cup – 175 g	336	2
Milk – 2%, 1%, skim	1 cup – 250 ml	300	115
Cheese – Cheddar, Edam, Gouda	28 g	200	6
Ice cream, vanilla	½ cup – 125 ml	84	21
Meat and Alternatives			
Egg Yolk	1	22	25
Salmon, pink, canned	75 g	208	350
Sardine, Atlantic, canned in oil	75 g	286	145
Tuna, light, canned in water	75 g	8	136
Almonds, dry roasted, salted	½ cup – 125 ml	184	
Tofu, firm, made with magnesium chloride	½ cup - 125 ml	127	
Vegetables and Fruits			
Orange, raw, medium	1 fruit	60	
Papaya, raw, medium	1 fruit	75	
Broccoli, cooked	½ cup – 125 ml	40	
Spinach, cooked	½ cup – 125 ml	125	
Grain Products			
Bread, whole wheat	1 slice	30	
Cereal, Toasted Oats	30 g	12	

Calcium – More than Strong Bones

High blood pressure

Calcium reduces the risk of high blood pressure^{5,6}.

Circulation

Calcium is important for normal blood clotting.

Colon cancer

Calcium and vitamin D reduce the risk of colorectal polyps and may offer protection against colon cancer³.

Heart health

Calcium maintains normal heartbeat and regulates blood pressure.

Strong bones

Calcium and vitamin D build and maintain strong, healthy bones.

Nervous system

Calcium is required for nerve conduction.

Premenstrual syndrome

Calcium can reduce PMS symptoms⁴.



www.caltrate.ca

It's Never Too Early or Too Late for Caltrate®

References:

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3. Calcium Polyp Prevention Study Group. "Calcium Supplements For The Prevention Of Colorectal Adenomas." The New England Journal of Medicine V.340 No.2, P.101-7, January 14, 1999.
4. Thys-Jacobs, S., Starkey, P., Berstein, D., Tian, J. "Calcium Carbonate And Premenstrual Syndrome: Effects On Premenstrual And Menstrual Syndrome Symptoms." American Journal of Obstetrics and Gynecology V.179 P.444-452, 1988.
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6. North American Menopause Society. "The Role Of Calcium In Peri- And Postmenopausal Women: Consensus Opinion Of The North American Menopause Society." Menopause V.8 No.2,P.84-95, March-April 2001.