We’d rather talk about men instead of osteoporosis

Horrific Statistics
The bone density numbers are staggering. Osteoporosis (porous or demineralized bone) afflicts an estimated 10 million women and 2 million men in the United States. One in every three women and one in every 12 men will experience a fracture related to osteoporosis. The main danger of osteoporosis is fractures. In fact, there is an osteoporotic fracture estimated to occur every 3 seconds and 1 fracture of one of the vertebral column will occur every 22 seconds. Femur, lumbar, hip and spinal bone are the most common fractures. Despite a greater awareness of the dangers of osteoporosis by the public and a much higher rate of drugs being prescribed for the condition by the medical profession, between 1990 and 2000, there was a 2% increase in hip fractures worldwide. This occurred largely in those aged 75-79 for hip fractures, but between the ages of 50-59 for all other fractures. The worldwide incidence of hip fracture is projected to increase by 310% in men and 246% in women by the year 2050. Osteoporosis has been defined by the World Health Organization (WHO) as being 2.5 or more standard deviations below the bone density of a young adult. Osteoporosis, a mild form of frank osteoporosis (between 1 and 2.5 standard deviations below the bone density of a young adult), is not visible on a regular x-ray but can be detected by a special type of x-ray that measures bone density. Medical Treatment Lunacy In December, 2008, the New England Journal of Medicine published a U.S. Food and Drug Administration report suggesting a possible link between taking a popular osteoporosisdrug and the development of esophageal cancer. The FDA received 23 reports of esophageal cancer possibly linked to the drug between 1995 and 2008. 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doctors that this is possible is a source of intractable pain for many people using the drugs and may necessitate the use of nerve blocks or other surgical procedures on a regular basis.

The April, 2008 edition of the Archives of Internal Medicine published a study that found that a patient taking bisphosphonates for over 5 years has a 13% increased risk of developing an irregular heartbeat (atrial fibrillation). Bisphosphonates have also been linked to an increased incidence of osteonecrosis of the jaw (the death of the jaw bone and subsequent disintegration of the jaw). Doctors are often puzzled (although they shouldn’t be) when their patients on one of the bisphosphonates develops rotting and loose teeth. The “bisphosphonates” may also cause severe eye inflammation leading to blurred vision, vision loss or blindness if left untreated. This side effect was first noted in the mid-1990s.

Google bisphosphonates and you are bound to come up with at least a dozen legal web sites inviting those who have been prescribed the drug to join lawsuits against both the drug companies that manufacture the bisphosphonates as well as the doctors who prescribe the drugs. Estimates of the incidence of the jaw vary from 0.7% to 5% in all patients against the bisphosphonates. Some doctors have stopped treating patients taking the drug for fear of further complications. The drug remains in the bone for years after stopping it, so it’s unknown how long the risk of the incidence of the jaw persists. There is no known cure for the condition and it is likely that the patient will be on it for the rest of his or her life. The side effect of bisphosphonates is very rare.

The bisphosphonates are in the same class of chemical compounds used to remove soap scum from your bathtub. Most people know that we are exposed to bisphosphonates in our food and water. For example, you can buy calcium bisphosphonates over-the-counter at any drug store. Bisphosphonates are used to make bones denser, harden bone and fight osteoporosis. You can understand why, then, that these are drugs which should never be given to people suffering from any form of arthritis or osteoporosis.

Alternatives To The Bisphosphonates

As with all our body tissues, bone is sensitive to diet and lifestyle habits. The typical Western diet high in refined carbohydrates and sugar, low in fiber, and high in animal protein is a diet that the body knows is poor quality.

Limit Your Risk Factors

While you can do nothing directly about your family history of osteoporosis, you can at least eliminate the majority of the following known risks of getting the disease:

- High sugar intake
- Cigarette smoking
- Excessive alcohol and caffeine intake
- High-protein diets (encourage high mineral losses in the urine)
- Low calorie weight loss diets
- High milk and dairy product consumption

Do Regular Weight Bearing Exercise

If you don’t move it, you lose it. Regardless of what prescription or natural remedies you are using for osteoporosis, it is first important to get regular weight bearing exercise. This can help to build bone mineral density. The typical American diet is low in calcium, iron and other minerals, and the typical American lifestyle is low in physical activity. This combination can lead to lower bone mineral density. In other words, use it or lose it. Brisk walking, using arm and ankle weights, sit-ups, leg exercises, and many other exercises can be done with the help of a chiropractor, physiotherapist or personal trainer.

Minerals

As with all our body tissues, bone is sensitive to diet and lifestyle habits. The typical Western diet high in refined carbohydrates and sugar, low in fiber, and high in animal protein is a diet that the body knows is poor quality.

Minerals

Research shows that calcium is critical to osteoporosis prevention. Several studies show that calcium and magnesium are particularly important in bone health. Calcium is a mineral that is critical to bone density and bone health.

Minerals

Boron supplementation raises serum estrogen and testosterone levels. One study demonstrated that boron supplementation produced estrogen levels similar to estrogen treated women whose diets were not supplemented with boron. Boron supplementation does not pose the same cancer-causing risks as synthetic estrogen replacement therapy (e.g. estrogen cans cause breast and uterine cancer) because boron is not absorbed into the tissues. Boron is found in fruits and vegetables at levels of 30 to 100 mg/kg (vitamins and minerals).

Supplement Your Diet

Several vitamin and mineral supplements can be helpful in both the prevention and reversal of osteoporosis. Vitamin D is required to absorb calcium from the small intestine. Deficiency can come about when there is reduced exposure to sunlight, decreased dietary intake of calcium, or decreased use of vitamin D by the body leading to lower bone mineral density.

Vitamin D is required for bone health. Several vitamins and minerals are required in numerous biochemical reactions in bone (connective) tissue. The same can be said for minerals such as magnesium, manganese, boron, strontium, silicon, zinc and copper. Silicon, for example, is found in high concentrations in growing bone. It strengthens connective tissue and may be crucial in osteoporosis prevention. Boron supplementation raises serum estrogen and testosterone levels. One study demonstrated that boron supplementation produced estrogen levels similar to estrogen treated women whose diets were not supplemented with boron. Boron supplementation does not pose the same cancer-causing risks as synthetic estrogen replacement therapy (e.g. estrogen cans cause breast and uterine cancer) because boron is not absorbed into the tissues. Boron is found in fruits and vegetables at levels of 15 to 100 mg/kg (vitamins and minerals).
doctors that this is a possible source of intractable pain for many people using the drugs and may necessitate the use of various other pain medications. The pain can be so severe that patients have even considered suicide or self-mutilation. There is a theory that the bisphosphonates may be inactivating some of the brain's pain receptors, which is why they are considered analgesic alternatives to opioids, but a recent study of pain receptors in the brain has shown that these are not responsible for the pain. It is possible that the pain may be coming from the bone itself, which is also rich in pain receptors. It is not known if the bisphosphonates are acting on these receptors or if they are simply releasing more of them. Regardless, the pain may be a sign of a serious side effect and should be reported to the doctor immediately.

The bisphosphonates are also used to treat osteoporosis, a disease that occurs when the bones become weak and brittle. The bisphosphonates work by inhibiting the osteoclast cells, which are responsible for breaking down bone tissue. By inhibiting these cells, the bisphosphonates help to preserve bone density. However, this can also lead to the development of osteonecrosis of the jaw, a condition in which the jawbone dies and can lead to infections and tooth loss. People taking bisphosphonates should be aware of this risk and take steps to prevent it, such as avoiding smoking and using soft toothbrushes.

In summary, bisphosphonates are powerful drugs that can help to prevent osteoporosis, but they also have serious side effects. It is important for patients to discuss the benefits and risks of these medications with their doctors and to report any side effects promptly. Bisphosphonates are not a cure-all for bone health and should be used with caution.
doctors that this is possible is a source of irritable pain for many people using the drugs and may necessitate the use of local anesthetics. If a person can be anesthetized locally, there may be a way to avoid systemic toxicity. Unfortunately, there are therefore drugs which should never be given to people suffering from any form of arthritis or bone disease. They should never be given to people suffering from any form of arthritis or bone disease.

The April, 2008 edition of the Archives of Internal Medicine published a study that found that a patient taking bisphosphonates had an 86% greater risk of developing an incurable heartbeat (atrial fibrillation). Bisphosphonates had been linked to an increased incidence of osteonecrosis of the jaw (the death of the jaw bone and subsequent disintegration of the jaw). Dentists are often puzzled (although they shouldn’t be) when their patients on one of the bisphosphonates develops rotting and loose teeth. The “bisphosphonates” may also cause serious eye inflammation leading to blurred vision, vision loss or blindness if left untreated. This side effect was first reported in the March 20, 2003 edition of the New England Journal of Medicine.

How do these drugs work? The bisphosphonates basically poison the osteoclast cells in the bone. These are the cells responsible for getting rid of old, dead or sick bone cells. The osteoclasts are in the bone with the osteoclasts that make new bone cells. Hence, the osteoclasts are killed off, and sick bone cells are allowed to survive and grow larger. This type of bone looks denser on x-rays but is weaker and potentially hazardous. Thus, you can’t have your cake and eat it, too.

People who have been taking the bisphosphonates for over 5 years have increasingly been reporting a type of rare leg fracture that shears straight across the upper thigh bone after little or no trauma. That’s not exactly something you would expect with a higher bone mineral density report. The typical history is unex-

Avoid Refined Carbohydrates

When whole wheat is refined to white flour, many vitamins and minerals are lost: vitamin B6 (72% loss), folic acid (67%), calcium (52%), magnesium (53%), manganese (36%), copper, zinc, and iron. If grains make up the bulk of your diet, consumption of refined grains depletes the daily intake of microelements (vitamins and minerals). Avoid Caffeine

Caffeine in coffee, tea, chocolate, soft drinks, guarana, yerba mate, andographic nuts increases bone loss. Avoid high sugar intake, caffeine and alcohol. High sugar intake has a diuretic (water and mineral loss) effect - Causes mineral loss from the bone. Caffeine in coffee, tea, chocolate, soft drinks, guarana, yerba mate, andographic nuts increases bone loss. Avoid high sugar intake, caffeine and alcohol. High sugar intake has a diuretic (water and mineral loss) effect - Causes mineral loss from the bone.

Vitamin D is required to absorb calcium from the small intestine. Deficiency can come about when there is reduced exposure to sunlight, decreased dairy product consumption, or smoking. Smoking depletes vitamin D stores, and vitamin D levels need to be greater than 500 IU or more daily is recommended for both prevention and treatment. The bone matrix upon which calcium crystals is called osteocalcin. Studies show that vitamin K is required by the body to make osteocalcin. Several other vitamins are important for bone health. These include vitamin A, folic acid, vitamin B6, vitamin B12 and vitamin C. A lack of these vitamins increases osteopenia severity because they are required in numerous biochemical reactions in bone (connective) tissue. The same can be said for minerals such as magnesium, manganese, boron, strontium, silicon, raze and copper. Silicon, for example, is found in high concentrations in growing bone. It strengthens connective tissue and may be crucial in osteoporosis prevention. Boron supplementation raises serum estrogen and testosterone levels. One study demonstrated that boron supplementation produced estrogen blood levels identical to estrogen treated women whose diets were not supplemented with boron. Boron supplementation does not pose the same cancer-causing risks as synthetic estrogen replacement therapy (e.g. estrogen in the form of Premarin®) because estrogen in the body is subject to various detoxification pathways. Boron is safe. Many people are deficient in this mineral simply because of poor soil quality.

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Use Herbs And Other Natural Alternatives to HRT

Consider panax ginseng as another source of naturally occurring estrogen (estriol). Not only does ginseng help in maintaining bone density, it also helps in maintaining overall health. Another source of estrogen is the herb chasteberry (Vitex). Not only does ginseng help in maintaining bone density, it also helps in maintaining overall health. Another source of estrogen is the herb chasteberry (Vitex). In women, the plant contains a hormone that produces estrogen blood levels identical to estrogen treated women whose diets were not supplemented with Boron. Boron supplementation does not pose the same cancer-causing risks as synthetic estrogen replacement therapy (e.g. estrogen in the form of Premarin®) because estrogen in the body is subject to various detoxification pathways. Boron is safe. Many people are deficient in this mineral simply because of poor soil quality.

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We’d rather talk about men instead of osteoporosis

Dr. Zoltan P. Rona practises Complementary Medicine in Toronto and is the medical author of “The Encyclopedia of Natural Healing,” a best-selling book, including “Return to The Joy of Health” and “Vitamin D – The Sunshine Vitamin.” For more of his articles, see www.mydoctor.ca/drzoltanrona

Boosting Bone Density Naturally

By Dr. Zoltan P. Rona, M.D., M.Sc. • www.mydoctor.ca/drzoltanrona

Horrific Statistics

The numbers are staggering. Osteoporosis (porous or demineralized bones) affects nearly 1 million women worldwide. One in every three women and one in every six men in Canada over age 50 are affected by osteoporosis. The main danger of osteoporosis is fractures. In fact, there is an 80% osteoporotic fracture estimated to occur every 3 seconds and a fracture of one of the vertebrae will occur every 22 seconds. Femurs, humerus, hip and spinal bones are the most common fractures.

Despite a greater awareness of the dangers of osteoporosis by the public and a much higher rate of drugs being prescribed for the condition by the medical profession, between 1990 and 2000, there was a 25% increase in hip fractures worldwide. This occurred largely in those aged 75-89 for hip fractures but between the ages of 50-59 for all other fractures. The worldwide incidence of hip fracture is projected to increase by 310% in men and 240% in women by the year 2050.

Osteoporosis has been defined by the World Health Organization (WHO) as being 2.5 or more standard deviations below the bone density of a young adult. Osteoporosis, a mild form of frank osteoporosis (between 1.5 and 2 standard deviations below the bone density of a young adult), is not visible on a regular x-ray but can be detected by a special type of x-ray that measures bone density.

Medical Treatment Lunacy

In December, 2008, the New England Journal of Medicine published a U.S. Food and Drug Administration report suggesting a possible link between taking a popular osteoporosis drug and the development of esophageal cancer. The FDA received 23 reports of esophageal cancer possibly linked to the drug between 1995 and 2008. Since doctors notoriously under-report drug side effects, the real figures may actually be much higher.

The manufacturer claims that their research does not indicate any association between the drug and esophageal cancer. It is estimated that about 30 million people in North America take one of the class of drugs known as bisphosphonates. The stages of Osteoporosis

Osteoporosis

The stages of Osteoporosis

Osteoporotic bone with bone loss and osteoporotic fractures. www.tristarnaturals.com

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Need for Routine Screening Among Patients With Osteoporosis; Arch Intern Med. 2005;165:393-399.

analysis. If stomach acid deficiency is the problem, appropriate digestive aids (e.g. stomach bitters, apple cider vinegar, citric acid, betaine and pepsin HCL, etc.) can be taken with most supplements based on the degree of hypoacidity.

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Bisphosphonates have been linked to severe and incapacitating bone, joint and muscle pain. In 2008, the FDA warned patients with severe esophagitis, as in a condition known as Barrett’s esophagus, the use of bisphosphonates could make the condition worse.

One undisputed fact is that bisphosphonates can cause esophagitis and gastrointestinal bleeding. Conceivably, in a patient with severe esophagitis, as in a condition known as Barrett’s esophagus, the use of bisphosphonates could make the condition worse.

The worldwide incidence of hip fracture is projected to increase by 310% in men and 240% in women by the year 2050.

The vast majority of people who suffer from osteoporosis can reverse the disease and all its symptoms using a weight bearing exercise program, a healthier diet and the natural supplements just discussed. For cases that do not respond to this approach either due to the presence of other diseases, the use of various drugs or a very poor digestive system, consider using a natural transdermal progesterone cream, cotid and adrenal hormones, especially DHEA and testosterone. Obviously, the use of these hormones is controversial, so we advise you to discuss the pros and cons with your doctor. There is an excellent discussion of the use of these hormones in Dr. John Lee’s book, Preventing and Reversing Osteoporosis as well as Dr. John Lee’s What Your Doctor May Not Tell You About Menopause.

Women all have different needs for these nutrients in order to prevent or treat osteoporosis. It depends on your unique biochemical make-up, your activity and stress levels. For more detailed information on complementary medical therapies for osteoporosis see, a natural health care practitioner. Whatever you do about the condition, do not use biotherapies. Not only will these drugs fail to deliver what they promise but they may also damage your health beyond repair.

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Boosting Bone Density Naturally

By Dr. Zoltan P. Rona, M.D., M.Sc., www.mydoctor.ca/drzoltanrona

Bone density peaks at around the age of 30, after which the risk of losing bone density increases. The older you get, the higher your risk of osteoporosis increases. Osteoporosis is a condition that can affect anyone and is not limited to women over 50 years old. It is a寂静症 of bone loss and bone fragility that leads to an increased risk of fractures.

Osteoporosis is defined as a skeletal disorder characterized by low bone mass and micro-architectural deterioration of bone tissue, leading to enhanced bone fragility and an increased risk of fracture. A fracture is a break in the bone, and it is a common complication of osteoporosis. Osteoporosis can be primary or secondary. Primary osteoporosis occurs in the absence of any known cause, while secondary osteoporosis is due to factors such as hormonal changes, medication use, or other chronic conditions.

The risk of osteoporosis increases with age and is higher in women than in men. In fact, the lifetime risk of developing osteoporosis for women aged 70 years is 50%, compared to 13% for men of the same age. Osteoporosis is more common in older adults and affects approximately 5 million people in the United States.

The main causes of osteoporosis include aging, genetic factors, low calcium intake, lack of physical activity, and certain medical conditions. Other risk factors include smoking, excessive alcohol consumption, and low testosterone levels in men.

The diagnosis of osteoporosis is usually made using a bone density test, such as dual-energy X-ray absorptiometry (DEXA). This test measures bone density at different sites in the body and can help determine whether a person has osteoporosis, osteopenia, or normal bone density. Osteopenia is the intermediate stage between normal bone density and osteoporosis.

Osteoporosis increases the risk of fractures, particularly those of the hip, spine, and wrist. Hip fractures are particularly serious as they can result in significant pain, disability, and loss of independence. Wrist fractures, also known as Colles’ fractures, can lead to weakness and reduced mobility.

The treatment of osteoporosis depends on the severity of the condition. In the early stages, lifestyle modifications, such as regular weight-bearing exercise and a healthy diet rich in calcium and vitamin D, can help prevent bone loss. Medications, such as bisphosphonates, selective estrogen receptor modulators (SERMs), and hormone replacement therapy (HRT) for women, may be prescribed to slow bone loss and reduce the risk of fractures.

For cases that do not respond to this approach either due to the presence of other diseases, the use of various drugs or a very poor digestive system, consider using a natural transdermal progesterone cream, cotid and adrenal hormones, especially DHEA and testosterone. Obviously, the use of these hormones is controversial, so we advise you to discuss the pros and cons with your doctor. There is an excellent discussion of the use of these hormones in Dr. John Lee’s book, Preventing and Reversing Osteoporosis as well as Dr. John Lee’s What Your Doctor May Not Tell You About Menopause.

Women all have different needs for these nutrients in order to prevent or treat osteoporosis. It depends on your unique biochemical make-up, your activity and stress levels. For more detailed information on complementary medical therapies for osteoporosis see, a natural health care practitioner. Whatever you do about the condition, do not use biotherapies. Not only will these drugs fail to deliver what they promise but they may also damage your health beyond repair.

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