

BONE HEALTH TAKE ACTION TIPS

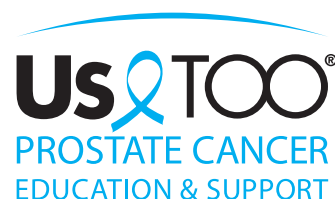
1. Measure your height in a doorway at home before beginning treatment.
2. Demand a bone density test PRIOR to treatment.
3. If you are already in the treatment process, look back on older medical records and get the height measurement for comparison.
4. Get 15 minutes of sunshine per day to help fill your daily requirement of Vitamin D.
5. Be your own best advocate. Be actively involved in your care.
6. Consider your doctor a member of your team.
7. Create a list of questions for your doctor and ask them! Some important questions are:
 - Am I taking any medications that affect my bones?
 - Should I be getting a bone mineral density test?
 - Do I need vitamins?
 - Is there a research effort or clinical trial going on that I can enroll in that might be helpful?
8. Be "body aware" - KNOW YOUR BODY AND PAY ATTENTION TO CHANGES.
9. Pay attention to pain. If it lasts more than 7-10 days, see your doctor. Do not wait. Do not try to "gut out the pain."
10. Pay attention to your diet. Make sure you get your daily dietary intake of calcium and vitamin D. Pay attention to the latest dietary information on things like green tea, omega-3 oils, selenium, lycopene and vitamin E.
11. Incorporate weight-bearing exercise (both aerobic AND resistance) into your daily activity; for example, moderate weight lifting and walking.
12. Make sure your information sources have some medical basis and not simply a promise of "cure all."
13. Find a support group and attend regularly. This is a place where you can find hope and share feelings as well as information.

Why is bone health important?

- *Bone Health is directly linked to overall health. Poor bone health can be painful and can lead to fractures, hospitalization, reduced mobility, reduced independence & increased dependence on caregivers.*
- *Fractures reduce mobility and the ability to exercise:*
 - *negatively affecting bone density*
 - *reducing overall muscle tone & fitness.*
- *Fractures can be a significant contributor to mortality, especially in seniors.*
- *Poor spine health can lead to spine compression and paralysis*

Who is at risk?

- *Men taking hormone therapy for Prostate Cancer*
- *Slender/thin men*
- *Men who smoke*
- *Men who drink*
- *Men with a sedentary life-style*



Someone to talk to... *who understands*
5003 Fairview Avenue, Downers Grove, IL 60515
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