

BONE HEALTH

FIVE THINGS EVERYONE NEEDS TO KNOW ON HOW TO MAINTAIN STRONG BONES

BY DR. HUMEIRA BADSHA AND JOANNE TODD

While bone health should always be top-of-mind, there's no better time than today to take a closer look at some of the simple lifestyle and diet choices people of all ages should be making to ensure their bones stay strong.

People often say they're too young to worry about bone health. They believe their bones are concrete, permanent and unchanging and that osteoporosis, poor posture or a lack of mobility is something they don't need to worry about until they reach their late 40s or 50s. This is simply not the case. Our bones are living tissue that break down and regenerate and our bone mass peaks at around 30 years old. When we reach this age, our bones can start to become thinner and more brittle without adequate nutrition and regular exercise, which can lead to fractures, bad posture or bone-related diseases, such as osteoporosis, in later life. It is therefore essential that everyone, no matter the age, actively looks after their bones today if they want to stay active and mobile tomorrow.

Maintaining healthy bones is easier than you may think. For most of us, it is about making some simple diet and lifestyle

choices that can last a lifetime. Here's what you can do:

STOCK UP ON CALCIUM

Calcium is an essential building block for strong bones and milk is one of the best sources of calcium you will find – a single glass has the same amount as nine cups of raw spinach.

You need to make sure you consume 1,000 or 1,200mg of calcium a day – depending on your age and gender – as recommended by the US Institute of Medicine. This is equivalent to about four glasses of milk, 16 cups of broccoli or almost 20 ounces of salmon.

An easy and convenient way to get your recommended daily dose is by drinking fortified milk drinks. High calcium milks not only have double the amount of calcium than regular milk and are fortified with additional vitamins and minerals to help your body absorb calcium more effectively.

GET YOUR DAILY DOSE OF VITAMIN D

Vitamin D aids calcium absorption and assists in bone development and maintenance. It's crucial that you get enough vitamin D in your diet to complement your calcium intake.

A lack of calcium and Vitamin D can lead to lower bone density, which may in turn cause osteoporotic fractures in adults and rickets in children – the softening of bones in children.

You can get enough vitamin D in a day through exposure to sunlight for 10 to 20 minutes as our skin produces Vitamin D in response to UV rays. If you find it tough to be outdoors on a regular basis, you can get vitamin D from oily fish, such as salmon and tuna, cod liver oil and orange juice.

EMBRACE AN ACTIVE AND MOBILE LIFESTYLE

Similar to muscle, bone is living tissue that becomes stronger through regular weight-bearing exercises. Today's increasingly busy lifestyles are putting people under greater pressure to juggle priorities however, it's important

to take the time and be active for your bones.

Some weight-bearing exercises include weight training, brisk walking, stair-climbing, yoga, dancing and racquet sports. Just 30 to 45 minutes of any of the above activities would fulfil your daily exercise requirement.

PREVENTION IS BETTER THAN CURE: KNOW YOUR RISK LEVEL FOR OSTEOPOROSIS

A common myth is that only post-menopausal women aged 50 and above are at a high risk of developing osteoporosis. However, in the Middle East 30





DID YOU KNOW?

As many as eight million American women have osteoporosis, and almost 22 million have low bone density, putting them at risk for developing the disease. Half of all women over age 50 will have an osteoporosis-related fracture in the years ahead. Significant risk has been reported in people of all ethnic backgrounds.

percent of women 25 to 40 years of age and one in five men, are at risk of developing the crippling disease later in life according to the latest Bone Health Check data for the region.


Finding out your risk level from early on is critical in order to take the necessary action to prevent the onset of osteoporosis in the future.

You should investigate your family history – look at your family's bone health records (if any), and speak to your extended family members and find out if any of your relatives have suffered bone-related problems or fractures in the past.

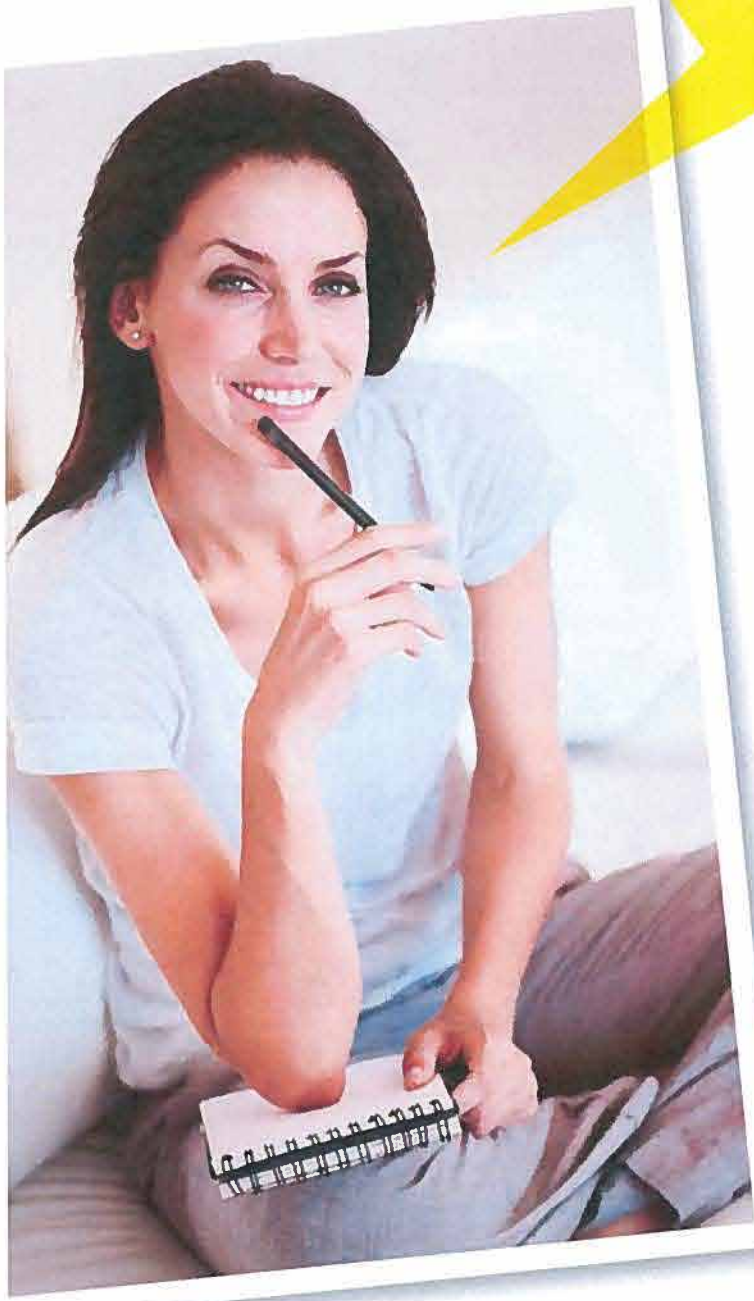
DUMP THE BAD HABITS

Go easy on the vices! If possible, avoid smoking and limit your coffee intake to two cups a day, as all of these can be harmful for bones, and lead to the loss of bone density.

We all want to be able to continue to do the things we love as we get older – whether it's sports, dancing, running or simply being able to take a walk with your loved ones, having strong bones is crucial. Bone health is something that should be on everyone's mind, no matter your age. It's all about looking after your bones today to keep you fit, active and on-the-go as you get older.

Dr. Humeira Badsha is from the Dr Humeira Badsha Medical Center Dubai and member of the Anlene Ambassador Board and Joanne Todd is a Nutritionist and Senior Health Platform Manager, Fonterra. More info: Bonehealtharabia.com, which is full of regional up-to-date help, advice and support about the 'silent' disease osteoporosis, and bone-related illnesses. 

Meet some of our contributors for this issue



Tracy Kotecha
Pilates Instructor

TRACY, a fitness instructor from the UK, has over 14 years experience in the fitness and wellness industry. Tracy became a qualified Pilates instructor with Stott Pilates in mat and reformer in 2009. She is also certified in pre- and post- natal Pilates, stability ball, Pilates for men and programming for scoliosis management. In addition, she is an Xtend barre instructor and a master trainer in PIDDSS, a self-helping corrective exercise technique to re-align the spine. Tracy currently teaches at Zen Yoga where she offers Pilates including, pre-natal classes on the reformer.



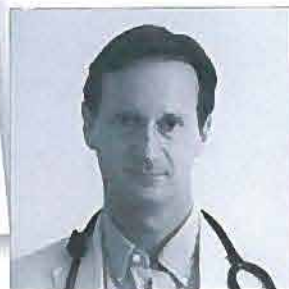
Dr. Humeira Badsha
Rheumatologist

DR. BADSHA is from the Dr. Humeira Badsha Medical Center Dubai and is currently on the Anlene Ambassador Board. She has over 16 years of experience as a rheumatologist across the USA, Singapore and the UAE. She trained at UCLA, CA, and has worked and taught medical students and doctors at various schools and hospitals including Harvard, Tufts and UCLA. Dr. Badsha has been the principal investigator in various clinical trials of medications for rheumatoid arthritis and has published several papers in leading journals.



Zeina Elhoss
Clinical Dietitian

A GRADUATE of the American University of Beirut holding a degree in Nutrition and Dietetics, Zeina currently works as a Clinical Dietician at Live'ly – UAE. This is an opportunity for her to evolve in a career that is also her passion. She aims to increase health and nutritional awareness by educating people and empowering them to make smart food choices while enjoying the delights of marvelous cuisines from all over the world!



Dr Roberto Viel
Cosmetic Surgeon

WORLD-RENOWNED cosmetic surgeon Dr Roberto Viel has been practicing cosmetic surgery for over 20 years and is now bringing his expertise to the region. Having had a practice in Harley street, London with his brother Maurizio, we are excited to share the news that both Viels are now currently working out of their Dubai-based office at Healthcare City. Each issue Roberto will provide *WH&F* readers with an invaluable insight into the latest innovations in cosmetic surgery.