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Welcome to your  
Corporate Bodies  
International Fortnightly  
Health Email

### Fortnightly Challenge

Include weight bearing  
activity into your  
exercise routine.



**Corporate Bodies  
International**

**Phone: 1300 21 31 41**

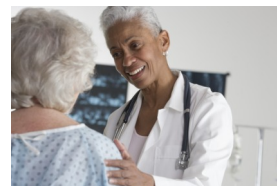
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This fortnight's healthy topic...

## Osteoporosis



### So what is osteoporosis?

A decrease in bone mass, density and ultimately strength, due to calcium loss. Bones become fragile and this increases risk of fracture.

### How common is osteoporosis?

Osteoporosis is most common in the elderly population with one in every two women and one in every three men over the age of 60 suffering from fractures due to osteoporosis.

### What are the symptoms?

Osteoporosis is a silent disease with usually no obvious signs or symptoms until a fracture occurs. The most common sites for fractures include the hips, spine and wrists and can occur from something as simple as a slight bump or minor fall.

Risk Factor	Who, How and What?
Gender	Post menopausal women and elderly men
Body weight	People with small frames or low body weight
Age	Bone mass begins to decline in the mid-30s
Sex Hormones	Decreasing oestrogen levels in females & testosterone in males as we age
Calcium levels	Inadequate intake of calcium in diet
Physical Activity	Or rather lack of!
Vitamin D	Lack of Vitamin D which assists calcium absorption
Smoking & Alcohol	Interferes with chemicals that have a role in bone health

### Combating osteoporosis. What can I do?

- Consume a calcium rich diet and ensure enough Vitamin D
- Participate in weight bearing exercise
- Avoid cigarette smoke, and drink alcohol in moderation

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**