

Keeping Your Bones Strong

CALCIUM FOR LIFELONG BONE HEALTH

Maintaining bone health is a lifelong process and women of all ages should take steps to reduce bone loss. If detected early, osteoporosis can be prevented and treated.

What is Osteoporosis?

Osteoporosis, a skeletal disorder characterized by declining bone strength, poses a major threat to women. 54 million Americans have low bone density or osteoporosis, and about one-in-two women over the age of 50 will break a bone due to osteoporosis.

Osteoporosis is largely preventable, and early detection is critical to prevent devastating complications such as hip and vertebral compression fractures.

Women reach peak bone mass in their early twenties and then start to lose bone at a rate of 1% per year at age 35. After menopause, this rate increases dramatically. The probability that a 50-year-old Caucasian woman will have a hip fracture during her life is 16%.

How Do You Test?

In keeping with our proactive approach to women's healthcare, Montclair Breast Center offers testing for osteoporosis. Our Bone Density Unit performs a non-invasive test for osteoporosis. Results are same-day.

The Bone Density Unit takes an x-ray of the hip and spine that measures bone mass.

We recommend a baseline scan at age 45-50. Screening should continue on a regular basis every 2-3 years.

How Much Calcium Do You Need Daily?

- Age 19-50: 1,000 mg
- Age 51+: 1,200 mg

What Can I Do?

Your body needs calcium to keep your bones dense and strong. Low bone density can cause your bones to become brittle, fragile and easily break even without obvious injury.

Our bodies absorb less calcium as we age, so it's critical to consume enough calcium-rich foods.

In addition to helping prevent breast cancer, Vitamin D also helps your body absorb calcium. Win-win!

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Calcium rich foods include dairy, sardines, and dark, leafy greens. Vitamin D enhanced your body's absorption of calcium. Some foods (such as salmon) contain both vitamin D and calcium.

Calcium Rich Food	Amount	Calcium (mg)
Almonds	1 oz.	97
Amaranth, cooked	0.5 cup	135
Arugula, raw	1 cup	125
Bok Choy, cooked	1 cup	158
Broccoli, cooked	1 cup	180
Buttermilk	1 cup	300
Chard or Okra, cooked	1 cup	176
Collard greens, cooked	1 cup	357
Hard Cheese (cheddar, jack)	1 oz.	200
Kale, cooked	1 cup	179
Legumes, general, cooked	0.5 cup	15 to 50
Mackerel, canned	3 oz.	250
Milk (skim, low fat, whole)	1 cup	300
Molasses, blackstrap	2 Tbsp	342
Mozzarella	1 oz.	200
Mustard greens, cooked	1 cup	152
Nonfat dry milk powder	5 Tbsp	300
Oatmeal, instant	1 package	100 to 150
Salmon, canned, with bones	3 oz.	170 to 210
Sardines	3 oz.	370
Sesame seeds, whole roasted	1 oz.	280
Sesame tahini	1 oz. (2 Tbsp)	130
Sour Cream, cultured	1 cup	250
Soybeans, boiled	0.5 cup	100
Spinach, cooked	1 cup	240
Swiss or Gruyere	1 oz.	270
Tofu, firm	4 oz.	250 to 750
Tofu, soft	4 oz.	120 to 390
Turnip greens, cooked	1 cup	249
Yogurt	1 cup	450