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BONE DENSITY

One of the few advantages of being overweight is that you are likely to have a greater bone density. Because of the excess weight, bones respond by growing strong enough to provide support. Bone mass is not static. It is vibrant tissue that responds to our weight, what we eat, and what we do. As we lose weight, bone density becomes less, because it does not have to provide as much support. Preserving bone density should become a major concern to us as our bones become naturally thinner as we lose weight.

There are many ways to preserve bone density. One very effective way is to exercise with weights. As you do weight bearing exercises, like weight lifting, you are adding stress and strain to your bones. This stimulates the formation of new bones. A weight bearing exercise program can increase bone mass by as much as five to ten percent. Walking and jogging can maintain bone density, but if you are looking to increase it, you need to lift weights at least two times a week.

It is important to take calcium supplementation after you have bariatric surgery. You should be taking Calcium Citrate, 1500mg per day. The body does not absorb more than 500 mg at a time.. It is important to take the citrate form as it is better absorbed.

Osteoporosis generally goes undiagnosed until a fracture occurs. If you are in your 40s or 50s ask your primary care doctor to schedule a bone density test. This is a diagnostic test to determine if you have Osteopenia or Osteoporosis. This is a very easy test to have done and it takes less than 30 minutes. If you have either of these conditions, you will probably be placed on a medication to help initiate bone density. This medication, along with Calcium and an exercise program with weights will help prevent further bone loss.