



Dutch Physical Therapy
July, 2008 VOL 5

GOING DUTCH

Your *First* Choice in Physical Therapy

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Just for Fun:

Ways to Maintain A Healthy Level of Insanity

1. Every time someone asks you to do something, ask if they want fries with that.
2. Put decaf in the coffee maker for 3 weeks, once everyone has gotten over their caffeine addictions, switch to espresso
3. In the memo field of all your checks, write "for smuggling diamonds"
4. As often as possible, skip rather than walk.
5. Order diet water when you out to eat, with a serious face.
6. Specify that your drive-through order is "to go"
7. Put mosquito netting around your work area and play tropical sounds all day
8. When money comes out of the ATM, scream "I won, I won!"
9. Have your co-workers call you by your wrestling name, "Rock Bottom"
10. Tell your children over dinner, "due to the economy, we are going to have to let one of you go."

Learning Prevention for Osteoporosis

Building strong bones, especially before the age of 30, can be the best defense against developing osteoporosis, and a healthy lifestyle can be critically important for keeping bones strong. There are several steps you can take to prevent osteoporosis.

Osteoporosis is largely preventable for most people. Prevention of this disease is very important because, while there are treatments for osteoporosis, there is currently no cure. There are five steps to prevention but no one step alone is enough to prevent osteoporosis but all five may.

Five Steps to Bone Health and Osteoporosis Prevention:

1. Get your daily recommended amounts of calcium and vitamin D
2. Engage in regular weight-bearing exercise
3. Avoid smoking and excessive alcohol
4. Talk to your healthcare provider about bone health
5. When appropriate, have a bone density test and take medication

Calcium: Calcium is needed for the heart, muscles and nerves to function properly and for blood to clot. Inadequate calcium is thought to contribute to the development of osteoporosis. National surveys have shown that many women consume less than half the amount of calcium recommended to grow and maintain healthy bones. Recommendations for adults under age 50 need 1,000

mg of calcium daily, and adults age 50 and over need 1,200 mg of calcium daily. You may take a calcium supplement to make up the difference if you are not getting enough calcium from the foods you eat.

Vitamin D: Vitamin D is needed for the body to absorb calcium. Without enough vitamin D, you will be unable to absorb calcium from the foods you eat, and your body will have to take calcium from your bones. Vitamin D comes from two sources: through the skin following direct exposure to sunlight and from the diet. Recommendations for adults under age 50 need 400-800 IU of vitamin D₃ daily, and adults age 50 and over need 800-1,000 IU of vitamin D₃ daily. Vitamin D₃ is the form of vitamin D that best supports bone health. Vitamin D can also be obtained from fortified milk, egg yolks, saltwater fish, liver and supplements.

Exercise: Exercise is also important to good bone health. If you exercise regularly in childhood and adolescence, you are more likely to reach your peak bone density than those who are inactive. The best exercise for your bones is weight-bearing exercise such as walking, dancing, jogging, stair-climbing, racquet sports and hiking. If you have been sedentary most of your adult life, be sure to check with your healthcare provider before beginning any exercise program. **Good posture** is also a necessity to prevent

vertebrae compression fractures.

**"The beneficial effect of physical activity may dominate as a determinant of bone mass and bone density early in life."
Gillian Sanson**

Medications for Prevention and Treatment:

Although there is no cure for osteoporosis, currently bisphosphonates (alendronate, ibandronate and risedronate), calcitonin, estrogens, parathyroid hormone and raloxifene are approved by the US Food and Drug Administration (FDA) for the prevention and/or treatment of osteoporosis.

Bone Mineral Density Tests:

A Bone Mineral Density test (BMD) is the only way to diagnose osteoporosis and determine your risk for future fracture. Since osteoporosis can develop undetected for decades until a fracture occurs, early diagnosis is important. A BMD measures the density of your bones (bone mass) and is necessary to determine whether you need medication to help maintain your bone mass, prevent further bone loss and reduce fracture risk. A bone mineral density (BMD) test is a special type of test that is accurate, painless and noninvasive. Source: NOF.org, © 2002 NOF

Recipe of the Month: Fresh Fruit Summer Tart

Ingredients:

- 1 Cup Flour
- 6 Tablespoons Sugar
- 1/4 Teaspoon Salt
- 6 Tablespoons very cold butter
- 3 Tablespoons ice cold water
- 1 Cup Blueberries
- 1 Cup peeled, sliced peaches

Cooking Instructions:

1. Preheat oven to 400 F
2. Place flour, 2 tablespoons of sugar, salt and butter in a food processor
3. Process the mixture until the butter is the size of small peas
4. With the motor running, add the water and process for 15 seconds.
5. Form a disc with the crumbly

dough. Chill for 20 mins

6. Roll the dough out to a 9" or 10" shell
7. Put the dough on a baking sheet and pile the blueberries and peaches in the center and sprinkle with the remaining sugar
8. Gently fold the edges of the dough to contain the fruit
9. Bake until the crust is lightly golden, about 20 to 30 minutes