

## Bone Builders Newsletter

Winter 2011

### Fourth Annual Generations of Women Luncheon



Please share with others! Mark your calendar! Bring your mother or daughter or both. Support Strong Bones!

Friday, May 6, 2011, 11 AM - 1:00 PM

Silent Auction - 11 AM - noon

Camelback Inn, 5402 East Lincoln Drive, Scottsdale

#### **Celebrating the Lives of Generations of Arizona Women**

Nancy Kimery, Osteoporosis Patient & Advocate

Lynda Lovell, Lieutenant Colonel U.S. Air Force

Rachel Turner, BodyWork/BBF Trainer & AmeriCorp Volunteer

Sponsored Tables of 8 = \$1200; Individual Tickets = \$150

For more information, sponsorship or purchase tickets online <http://www.fitbones.org>

or contact 602-749-1008 or [Kittyazoc@aol.com](mailto:Kittyazoc@aol.com)

AZOC is a 501c3, non-profit organization and funds raised by the luncheon will make a tremendous difference in the bone health education outreach and screening provided by the Arizona Osteoporosis Coalition. All funds stay in Arizona to improve the health of Arizonans.

# I Love My Daughter Inside and Out! Promotion

February 14, 2011

Moms and Dads — We know you love your daughters 365 days a year, so let's show your daughters and the world just how much you love them! The Office on Women's Health invites you to participate in the Best Bones Forever! "I Love My Daughter Inside and Out! Promotion.



The Best Bones Forever! "I Love My Daughter Inside and Out" Promotion invites you to submit fun pictures of you and your daughters aged 9–14 enjoying physical activity or eating foods with calcium or Vitamin D. Recommended activities and foods can be found on the Best Bones Forever! website.

One more thing . . . In 100 words or less, tell us: What could parents and daughters do or eat to pursue strong, healthy bones? Family photos and statements may be selected and included on the Best Bones Forever! website for parents and girls, Facebook page, or in campaign ads.

For contest guidelines and to submit your entry for the "I Love My Daughter Inside and Out!" Promotion, please visit our promotion page <<http://www.bestbonesforever.gov/parents/activities/i-love-my-daughter.cfm>>.

## FRAX — Online Fracture Risk Assessment

The launch of the World Health Organization (WHO) technical report, *Assessment of osteoporosis at the primary health care level*<sup>1</sup> and the related [FRAX<sup>®</sup> tool](#) are major milestones towards helping health professionals worldwide to improve identification of patients at high risk of fracture. The web-based FRAX<sup>®</sup> calculation tool assesses the ten-year risk of osteoporosis fracture based on an individual's risk factors and femoral neck BMD if available. The values are entered into the website tool, followed by clinical risk factors which include a prior fragility fracture, parental history of hip fracture, current tobacco smoking, long-term use of glucocorticoids, rheumatoid arthritis, other causes of secondary osteoporosis and daily alcohol consumption. The FRAX<sup>®</sup> tool then provides a figure indicating a ten-year fracture probability as a percentage, which, together with a clinical assessment, provides guidance for determining access to treatment in healthcare systems.

You can go online at <http://www.shef.ac.uk/FRAX/tool.jsp?country=9> to learn about YOUR fracture risk. It does ask for your BMD - Bone Mineral Density score at the femoral neck. (BMD) Please select the make of DXA scanning equipment used and then enter the actual femoral neck BMD (in g/cm<sup>2</sup>). If you don't have a BMD test information, the field should be left blank.

Sources: World Health Organization Collaborating Centre for Metabolic Bone Diseases, University of Sheffield, UK

# Vitamin D: The Sunshine Vitamin

**What is vitamin D?** Vitamin D is a nutrient required for optimal bone health and essential for overall health. Your skin produces vitamin D when you are outside in the sunshine.

**Why is vitamin D important to your health?** Vitamin D is a crucial part of the way your body handles the essential nutrients calcium and phosphorus in your diet. As a result, it is critical to the development and maintenance of bone strength.

Children who don't get enough vitamin D can develop weak, rubbery bones, a condition known as rickets. Lack of vitamin D is also one of many things that can contribute to osteoporosis, the brittle bone disease that leads to an increased risk of fracture in older people.

New research is showing vitamin D may also help prevent other chronic disease. Higher vitamin D levels in a person's blood may protect against certain types of cancers, strengthen the immune system, and reduce risk of type 1 and 2 diabetes.

**Vitamin D and Sunshine.** Because vitamin D can be made in your skin, the amount you need from your diet can change based on your exposure to the sun. A number of things can block vitamin D production in skin: having dark skin tones, covering exposed skin, or using sunscreen. Even the glass in our windows filters out UV rays from the sun and prevents your skin from making vitamin D. Also, as you age, your skin changes in ways that makes it harder for your body to make vitamin D. Finally, the further north you live, the more your body's ability to make vitamin D is reduced in the winter. Regardless of the reasons, the less your skin makes vitamin D, the more vitamin D you need to get from your diet or from other sources. In particular, people who are elderly or indoors all the time, those with dark skin tones, and people who cover their skin for religious reasons should get their vitamin D status tested. Exclusively breastfed infants should receive a vitamin D supplement.

**How much vitamin D do you need?** The Dietary Reference Intake (DRI) for vitamin D was set based on bone health outcomes. An expert panel reviewed the research on how vitamin D affects bone health and set the vitamin D requirement for the various age groups and populations.

Recommended vitamin D intakes for individuals.

Life Stage	Average daily recommended amounts in International Units (IU)
Birth to 12 months	400
Children 1-13 years	400
Teens 14-18 years	600
Adults 19-50 years	600
Adults 51-70 years	600
Adults 71 years & older	800
Pregnant & breastfeeding women	600

Article continues on next page

## Vitamin D: The Sunshine Vitamin

**Food Sources of Vitamin D.** Other sources of vitamin D include food and supplements. However, very few foods are naturally rich in vitamin D. While these foods provide vitamin D, people do not typically consume these foods every day. While in a given day you might eat a combination of these foods to meet the requirement, day in and day out most people won't consume what they need. Because of this, many people may need to take a vitamin D supplement.

Food sources of vitamin D.

Food	Vitamin D (IU)
Egg yolk, cooked, 1 large	25
Cereal, fortified, 3/4—1 cup	40 or more
Fortified orange juice, 3/4 cup	75
Shrimp, canned, 3 ounces	90
Milk, fortified, 1 cup	100
Sardines, canned in oil, 3 ounces	240
Salmon, cooked, 3 ounces	320

In the last couple of years, many multivitamin-mineral supplements have increased the amount of vitamin D in the supplement to 800 IU/day, which will meet the vitamin D requirement for every age group. If after talking with your doctor you decide you need more vitamin D, don't just take another multivitamin pill; there are other substances in the multivitamin supplements that could affect you adversely if you take too much. There are many options on the market for a separate vitamin D supplement. You will find the vitamin D in two forms, vitamin D2 and vitamin D3. Both work well if taken every day. Some recommend vitamin D3, because it is the form that your skin makes in response to sunlight.

**Are there any safety concerns with taking vitamin D supplements?** For healthy people, supplementing with vitamin D is safer than people used to think. The recommended upper limit for safe intake of vitamin D is 4000 IU per day for an adult. Some research suggests even higher levels may be safe. Too much vitamin D causes high blood calcium levels. Most of the symptoms of vitamin D toxicity are general, for example, loss of appetite, weight loss, nausea, and weakness.

As with other dietary supplements, vitamin D might interact with other medicines or supplements you may be taking. Talk to your healthcare provider before you start taking any new supplement.

Source: The Institute of Medicine <[www.iom.edu/vitaminD](http://www.iom.edu/vitaminD)> and *Vitamin D: What you need to know*, Purdue University: HHS 759-W-11-10.

Recommended upper levels of intake for vitamin D.

Life Stage	Recommended upper intake level in International Units (IU)
Birth to 6 months	1000
6 months to 12 months	1500
Children 1-3 years	2500
Children 4-8 years	3000
All other groups	4000

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## Taking the University to the People

[www.cals.arizona.edu/maricopa/fcs](http://www.cals.arizona.edu/maricopa/fcs)

[www.bonebuilders.org](http://www.bonebuilders.org)

## Bone Appétit

### Tuscan Kale Salad

#### For the bread crumbs:

1/2 Italian-style loaf of bread  
2 tablespoons extra-virgin olive oil

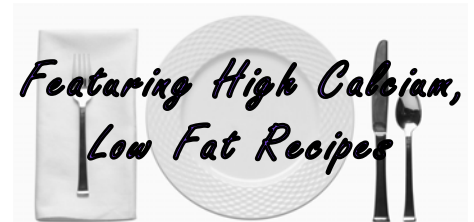
#### For the salad:

Juice of 1 lemon  
3 to 4 tablespoons extra-virgin olive oil  
2 cloves garlic, mashed  
Salt and pepper, to taste  
Hot red-pepper flakes to taste  
4 to 6 cups kale, loosely packed and midribs removed  
2/3 cup grated flavorful grating cheese such as Asiago or Parmesan, divided use  
1/2 cup freshly made bread crumbs

To make bread crumbs, preheat oven to 300 degrees. Cut bread

into cubes and scatter on a baking sheet in 1 layer. Bake 15 minutes, or until cubes feel dry on the outside but still moist inside. When cool, place bread in a food processor and pulse into fine crumbs. Set aside 1/2 cup firmly packed bread crumbs. Can substitute with commercial bread crumbs. Save any remaining for future use. Heat the 2 tablespoons oil in a sauté pan over medium heat just until warm, not hot. Add reserved bread crumbs and stirring constantly, until bread crumbs are evenly golden brown and crunchy, about 5 minutes. Remove from pan and allow to cool before tossing into salad.

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For kale salad, whisk together lemon juice, olive oil, garlic, salt, pepper and a generous pinch of hot red-pepper flakes. Pour dressing over kale in serving bowl and toss well. Add 2/3 of the cheese and toss again. Let mixture sit for at least 5 minutes. Add bread crumbs, toss again, and top with remaining cheese. Makes 4 servings.

Nutrition information: Good source of calcium, vitamin A and vitamin C.

Source: True Food Kitchen

If you have questions concerning access, wish to request a sign language interpreter or accommodations for a disability, please contact Mary Conner at [mconner@cals.arizona.edu](mailto:mconner@cals.arizona.edu) or 602-827-8200, ext. 353.

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