



## Many Older Women Not Getting Bone Density Screening Tests

**A**ge is one of the greatest risk factors for osteoporosis. Yet as women get older, they seem to be less likely to get bone density tests, according to a study in the March 2006 *Journal of the American Geriatrics Society*. Researchers analyzed the Medicare records of nearly 44,000 postmenopausal women to see how many had been screened for osteoporosis between 1999 and 2001. They found that about 27 percent of women ages 65-70 had bone density tests, compared with about 25 percent of women ages 71-75 and less than 10 percent of women over age 75.

Today, more seniors may be getting tested for osteoporosis thanks to recent guidelines and legislation providing Medicare coverage for bone density screening. Unfortunately, experts say bone density tests still are being underutilized. The National Osteoporosis Foundation recommends that all women age 65 and older receive a bone density test, DEXA. Earlier or subsequent testing typically depends on your risk factors for the disease. If you haven't been screened for osteoporosis, or you are unsure of your risk factors, talk with your doctor.

Source: *Mayo Clinic Women's Health Source*, August 2006.

## Falls Among the Elderly

**N**ew government numbers are out about falls among the elderly and the figures sure aren't pretty. Among people 65 and older, the rate of fatalities from falls has grown dramatically since 1993, from 24% in 1993 to 37% in 2003. And men continue to be at considerably higher risk than women – at least for fatal falls. This new analysis by the Centers for Disease Control and Prevention is based on death certificates, emergency room reports and hospital discharge reports.

The good news is hospitalization rates for hip fractures appear to be declining for women in the past decade. For men, however, that rate may be starting to creep up – suggesting a need for more attention to osteoporosis screening and treatment in men, the CDC said.

Source: <http://consumerreports.org/safety/2006>

## Ten Healthy Habits for 2007

**D**id you start this new year with a list of good intentions and resolutions? Instead of going on a diet, choose to adopt healthy habits for a lifetime. After you get your calcium needs met get started on the ten suggestions based on the Dietary Guidelines for Americans.

1. **Engage in 30 minutes of physical activity every day.** This helps to reduce the risk of chronic disease and aids in building bone mass.
2. **Eat a variety of fruits and vegetables daily.** They are low in fat and calories and high in nutrients especially the dark green vegetables are high in calcium.
3. **Get plenty of fiber.** Fiber has many healthful benefits including reducing risks for chronic disease such as cardiovascular disease and cancer. Get 20-35 grams of fiber every day. When you are increasing fiber in your diet, make sure you increase fluid intake as well.
4. **Get three or more servings of whole grains every day.** Choose from oatmeal, brown rice, popcorn, cereal, tortillas and bread.
5. **Eat three cups of beans every week.** They are packed with fiber, vitamins and minerals. One half cup of cooked beans can have as much as seven grams of fiber.
6. **Eat until you are satisfied and then stop.** Many of us add unwanted extra pounds every year because we keep eating just because the food tastes good. Make sure that when you eat it is because of hunger and not boredom. If you are not sure if it is hunger or boredom you are experiencing, try doing another



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activity for fifteen minutes and then see if the desire to eat is still there.

7. **Limit total fat to no more than 30% of total calories.** Saturated fat should be no more than 10% of total calories.
8. **Eat a variety of foods from all food groups.** Choose grains, fruits, vegetables, dairy products and meat and beans. Each group provides different nutrients and we need them all to be healthy and to have healthy bones.
9. **Drink plenty of fluids to keep your body adequately hydrated.** Adequate hydration assures that your body can function at its best.
10. **Be a safe food handler.** According to the 2005 Dietary Guidelines for Americans, 76 million people in the U.S. become ill each year because of foodborne illness. Of this number, 5,000 die. Keep food safe in your household by washing your hands often and keeping kitchen surfaces clean. Cook foods to a safe temperature to kill bacteria and then promptly refrigerate. Bacteria can grow at temperatures of 40 degrees to 140 degrees. Within that temperature range they can double in number every 20 minutes.

Habits are hard to change. Choose one at a time to work on and then move on to the next. Make 2007 the time for a feel better and healthier you!

Source: Tammy Roberts, MS, RD, LD, Nutrition and Health Education Specialist in Barton County, University of Missouri Extension.

## Clinical Trials for Osteoporosis

Women's Health Research, located at 19<sup>th</sup> Avenue and Bethany Home Road in Phoenix, is conducting a clinical trial on two drugs for osteoporosis. The study will compare the efficacy of 5 mg of Zoledronic Acid to 60 mg of Raloxifene (similar to Evista). Both treatments will be given on a monthly basis. At completion of the study, participants will receive \$150 and their urine NTX results.

To qualify for the study a women must have had no fractures within the last year, be between 45-80 years of age, have no dental infections, have not taken any osteoporosis drugs within the last two years, and a T-score of 1.5 or more. If you are interested, you can register at [www.whraz.com](http://www.whraz.com) or call the Bone Builders office at 602-470-8086, ext. 316 for more information.

## Omega-3 and Bone Health

A team of Penn State researchers carried out the first controlled diet study of plant-based Omega-3 polyunsaturated fatty acids (PUFA) contained in such

foods as flaxseed and walnuts. Previous studies of Omega-3s on bone health used oil supplements rather than whole food sources.

Most of the Omega-3 fatty acids in our diet are plant derived and come mainly from soybean and canola oil. Smaller amounts also come from marine sources, mainly fish, but also algae.

Blood tests of the study's participants screened for two biological markers of bone health, one that indicates bone formation and one that indicates bone resorption or breakdown. Throughout life, two different types of cells, osteoblasts and osteoclasts, constantly build and break down bone. In this process they produce chemicals that researchers can measure in the blood. This process allows broken bones to heal and bones to remain strong, but if more bone is lost than is rebuilt, osteoporosis occurs.

The researchers note that "recent epidemiologic data suggest that the effects of dietary fats on bone health may be particularly strong in men." So, while middle-aged men are often overlooked in studies of bone health, incorporating plant sources of Omega-3 PUFA into the diet may not only improve cardiovascular health, but also enhances bone health.

Source: Penn State General Clinical Research Center.

## Bone Appétit

### Fish Au Gratin

Makes 6 servings

Prep Time: 10 minutes

Cook Time: 10 minutes



### Ingredients:

- 6 frozen or fresh fish fillets such as orange roughy, cod, haddock or flounder (about 2 pounds), thawed
- 1/4 cup fat-free mayonnaise
- 1/2 cup plain low-fat yogurt
- 1 1/4 cups sharp Cheddar cheese, shredded
- 1 teaspoon lemon pepper seasoning
- 1 cup bread crumbs

Preheat oven to 350 degrees Fahrenheit and place fillets in a 13 x 9-inch baking dish sprayed lightly with cooking spray. Combine mayonnaise, cheese and seasoning in a bowl; mix well and spoon over fillets. Spray breadcrumbs lightly with cooking spray and toss to blend; sprinkle over cheese topping. Bake uncovered for 9 to 11 minutes. Toast in broiler for 30 seconds or until breadcrumbs are golden brown.

Nutritional Facts per serving: Calories 290; Total Fat 9 g; Saturated Fat 4 g; Cholesterol 60 mg; Sodium 420 mg; Protein 33 g; Carbohydrates 17 g; Dietary Fiber 0 g; and **Calcium 250 mg.**

Source: 3-A-Day Dairy website.

## Maricopa County News

### Bone Builders Physical Activity Program

If your community center is looking for a beginning low impact exercise program or you know of a group of older inactive adults that would like to start exercising, this program is for you. Registration is currently open but space is limited.

Training fee is \$75.00 per person and includes curriculum book, program materials including stretch band, 1 set 1-lb. weights and miscellaneous exercise tools, not to mention a Bone Builders t-shirt. Calcium rich snacks and lunch will be provided.

Reserve your place soon by contacting Elizabeth Schnoll at 602-470-8086, extension 324 or email to [eschnoll@cals.arizona.edu](mailto:eschnoll@cals.arizona.edu).

### Volunteer Profiles

What a combination of talents! Bone Builders volunteer, Clara Arenas, has been giving presentations to parent groups in the Isaac School District schools, Health Start Programs and other various community groups.



Clara, originally from Columbia, came to Arizona from Florida about 17 years ago. And what a gain for the people of Arizona! Clara's academic training is as a Physical Therapist and a Teacher giving her an ideal background for educating people about osteoporosis and preventative tactics to reduce the incidence of osteoporosis.

Clara has three children, 11, 14, and 19 who have adopted her positive attitude on life. She loves to read and travel. However, her passion is teaching. She puts her passion into action by her Bone Builders volunteer activities, teaching financial literacy to youth and adults, and with her husband teaches personal growth seminars. Her belief is "the more we give, the more we get" and she lives what she believes. We are grateful for all the time and energy Clara gives to the public through the Bone Builders program.

Another volunteer who is volunteering this month is Aparna Srinivasan. She is refreshing her presentation skills after taking time to raise her daughter. Aparna is trained as a Master Consumer Advisor and volunteers with that program at the Cooperative Extension office.

Many KUDOS to both of these women and their dedication.

### Volunteerism

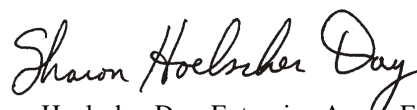
A recent research brief provides an in-depth look at how volunteering compares by age groups for the period from 1974 to 2005. The U.S. Census Bureau and the Bureau of Labor Statistics surveyed 60,000 households to provide a historic overview of volunteering. The adult volunteering rate increased by more than 32 percent since 1989 with the highest rate of volunteering taking place in educational organizations. Declines in volunteerism were reported in civic, political and religious organizations. Baby Boomers (ages 45 to 64) are creating the highest volunteer rate.

Throughout our country's history volunteerism has been recognized as "one of the threads that has held together the fabric of this nation and has strengthened the character of its citizens. Not only is volunteering one way for individuals to help their neighbors and enhance their communities...it also provides adults a way to share their professional and work expertise."

This research not only examines historical trends, but also offers better understanding in how to encourage more adults to volunteer. At the Bone Builders office we encourage you to become active in volunteering. One upcoming option is to host an information booth at the Paradise Valley Community College Wellness Fair, April 11, 2007, 9:00 a.m. – 1:00 p.m.. Many other volunteer options are open, please call Donna Harris at 602-470-8086, extension 316. She will give you many thanks for just your call and she will pair you with a volunteer activity of your interest.

Source: Volunteer Growth in America: A Review of Trends since 1974 by Corporation for National and Community Service, Dec 2006.

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- Elizabeth Schnoll, Health Educator, 602-470-8086, ext. 324, email: [eschnoll@ag.arizona.edu](mailto:eschnoll@ag.arizona.edu)

Persons with a disability may request a reasonable accommodation, such as a sign language interpreter by contacting Sharon H. Day at 602-470-8086, extension 332. Requests should be made as early as possible to allow time to arrange the accommodation.