

# THE IMPORTANCE OF MAINTAINING HEALTHY BONES

By Andrew Osei-Bimpong  
MSc. Csci. FIBMS, MIHM  
PGDipMgmt

Senior Chartered Scientist-  
Tiscanlabs

## TISCANLABS HEALTH GUIDE

1 in 2 women over 50 in the  
world can suffer a broken

bone mainly as a result of osteoporosis; this is because after the menopause, when the ovaries stop producing oestrogen hormone, bone loss starts to occur; to avoid this happening one needs to

- Eat a **well-balanced diet** with enough calcium and Vitamin D- Oily fish such as salmon and sardines are good, egg and evaporated milk- this explains why the incidence is particularly low in indigenous black women. Also remember that beans and leafy vegetables are a good source of calcium.
- Take regular **weight-bearing exercise** such as brisk walking, skipping and dancing- muscles and tendons attached to bones would be strengthened with this strategy
- Avoid smoking (**including passive type**) and drinking)
- Take **short breaks** in the sun during the summer and spring months- the angle of the sun light provides enough vitamin D during this period.

Please note that this health advice tip is purely advisory and should not replace advice from your medical practitioner nor should any food or drink listed in this sheet be taken without first consulting your Doctor.