

**Parish Nurse News**  
**February 2006**

**John 3: 2** “Beloved, I pray that in all respects, You may prosper & Be in good health,  
just as your soul prospers.”

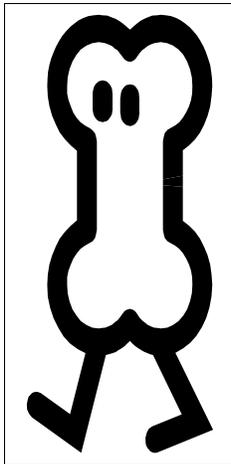
**Holey Bones !**

**OSTEOPOROSIS:** From Greek “Osteon=Bone” & Latin “porus=tiny opening”  
Age-related disease in which bone demineralization results in decreased density and increased risk for fractures.

Did you know? Osteoporosis is the most prevalent bone disease in the world.  
50% of Americans over age 50 will be at risk for fractures due to osteoporosis.

Did you know? Osteoporosis is not just a women’s disease; 1:4 men have osteoporosis.

Did you know? Osteoporosis *silently* robs the skeleton of its banked resources.



The earliest signs of osteoporosis are often associated with compression fracture of the spine characterized by an episode of acute pain in the middle to lower back.

During the intervals between compression fractures, one may be symptom-free.

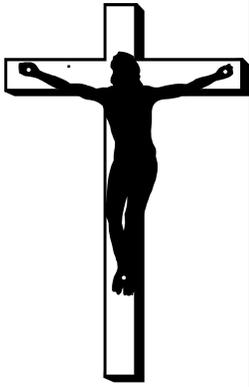
Spinal curvature, decrease in height, and appearance of a dowager’s hump are early indicators of the early progress of the disease.

34 million Americans have undetected low bone mass.

**Holy Bones**

**Genesis 2: 18, 22-23 (NRSV)** “Then the Lord God said, “It is not good that the man should be alone; I will make him a helper as his partner.” And the **rib** that the Lord God had taken from man he made into a woman and brought her to the man. Then the man said,  
“This at last is bone of my bones and flesh of my flesh;  
this one shall be called Woman,  
for out of Man this one was taken.”

What symbolism may lie in the use of a bone/rib? Bone is a living, vascular structure composed of organic tissue (cells, fibers, vessels, nerves—about 35% of a bones weight), and mineral (Calcium—about 65% of a bones weight). Bone functions as a support structure for all body systems, a source of calcium, and a significant site of blood cell production for the entire body. A rib is part of the skeleton of the chest which holds the heart, lungs and other significant organs necessary for life-sustaining functions.



**John 19: 31-36 (NRSV) “...the Jews did not want the bodies left on the cross during the Sabbath... So they asked Pilate to have the legs of the crucified men broken and the bodies removed.”**  
**(Breakage of the upper legs (femurs) causes severance of the femoral arteries, major blood vessels supplying the lower extremities. Untreated hemorrhaging leads to shock, coma and death.)**  
**“But when they came to Jesus and saw that he was already dead, they did not break his legs...These things occurred so that the scripture might be fulfilled: “None of his bones shall be broken.”**  
**Why do you suppose that *unbroken* bones were important to God the Father?**

**Wholly Bones!**

Did you know? 65% of bone mass is built during childhood & adolescence. Weight bearing exercise & proper diet are most crucial early in life.

Did you know? In the US, the typical intake of dietary calcium is 450-550 mg/day.

**Recommended Calcium**

0-6 months	210 mg/day	9-18 years	1300 mg/day
7-12 months	270 mg/day	19-50 years	1000 mg/day
1-3 years	500 mg/day	51-70+ years	1200 mg/day
4-8 years	800 mg/day	www.bchealthguide.org	Source of data

\*Vitamin D aids calcium absorption. Most multiple vitamins contain vitamin D as does milk.



**Does Calcium Help Bones in Women Over Age 50?**

According to a recent New England Journal of Medicine, taking calcium and vitamin D supplements for several years can help older women slightly *reduce the risk of hip fractures*. However, there was a *low change in bone density*—on average, they improved by 1% for those taking the supplements compared with those taking a placebo. Meaning? Taking the 2 nutrients later in life offers limited benefit, particularly for older women or those at risk of developing osteoporosis. Addition of bone-active medications such as Fosamax should be considered. Women in their 30’s can initiate calcium enhancement strategies now, not later.

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- Milk with added calcium = 420 mg/cup
- Milk, whole, 2%, 1%, skin = 300 mg/cup
- Orange jce with added calcium = 300 mg/cup
- 1 Tsp blackstrap molasses = 170 mg
- Yogurt, ¾ cup low fat = 300 mg
- 1 oz hard cheese = 240 mg
- Salmon, canned with bones = 180 mg/3 oz
- Navy Beans = 120 mg/cup



Consider the Hole in you.....to find the whole in you.....

Dear Lord, Creator of All, Hear my Prayer. Thank you for my bones—they help me walk, climb & support my body. Make my bones strong & help keep my body healthy as the temple of the Holy Spirit. Thank you for your Son, Jesus, who gave His life on the cross for me. Amen.