

Spring 2010



Appleby News

Welcome to the
Appleby Pharmacy
Newsletter.

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we strive to provide
quality service and
care to you, our family
of customers. The
goal of our
newsletters is to keep
you informed and
updated. If you have
any suggestions for
upcoming newsletters
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Osteoporosis...

Advances in Prevention and Treatment

The good news about osteoporosis is that it is never too late to do something. Osteoporosis can be a crippling disorder that affects one in four women and one in eight men over the age of 50. Osteoporosis means "porous bones" and often results in fragile, brittle bones that tend to fracture easily. Once thought to be a natural part of aging among women, osteoporosis is no longer considered age or gender-dependent.

The basic functions of bone are structural support and to act as a reservoir for calcium, phosphorous, magnesium, sodium and carbonate. Bone is a line and constantly changing. New bone is made and old bone is broken down in a process called remodeling or bone turnover. In someone with osteoporosis, remodeling may take 2 years. Insufficient vitamin D and calcium in the diet can accelerate the process.

In females, estrogen is essential for bone health. For females at menopause, bone loss accelerates to about 1 to 3 percents per year due to a drop in estrogen. At age 60, bone loss slows but doesn't stop. As women reach older ages, they may have lost between 35% to 50% of their bone mass. Men generally have larger, denser bones than women and do not undergo the rapid bone loss associated with the female menopause. However, low levels of the male hormone testosterone can lead to osteoporosis. In nearly half of all men with osteoporosis the cause is unknown.

Osteoporosis is a silent disease. The first sign that something is wrong can be a fracture or broken bone, usually in the wrist, hip or spine after a minor bump or fall. Bone density scans are recommended for people who are at high risk of osteoporosis. This painless test measures the density of bones in an x-ray like procedure.

There is no known cure for osteoporosis, However, there are treatment interventions that can significantly prevent bone loss, prevent fractures and maintain function. Most osteoporosis therapies increase bone mass density by a modest amount [3-8% per year], yet may reduce the risk of fractures by about 50% or more. Osteoporosis therapy must be tailored to the specific profile of each individual, based on family history, risk factors, fears, preferences, lifestyles and resources.

Non-pharmaceutical measures include:

- maintenance of adequate body weight
- increased walking and other weight-bearing exercises
- minimizing caffeine and alcohol
- decreased smoking

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