

...from the heart!

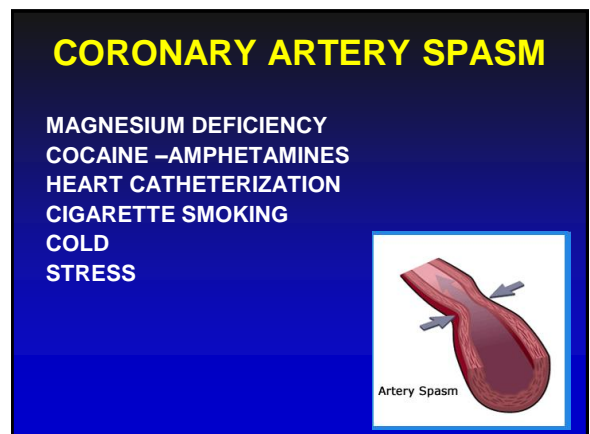
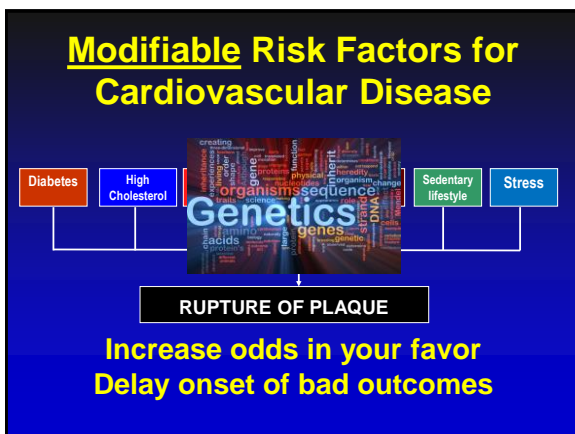
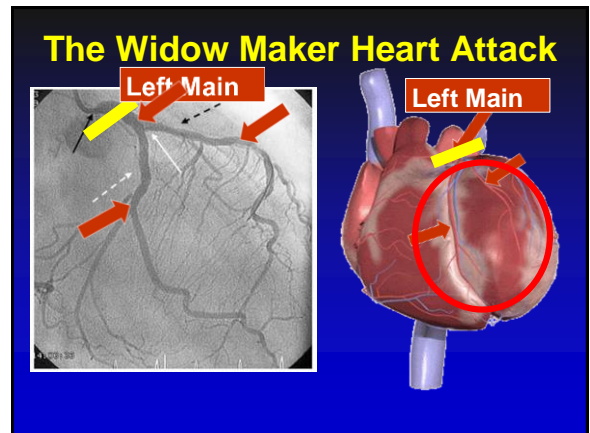
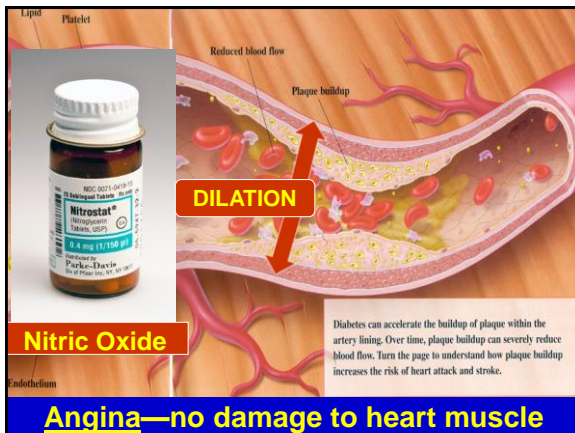
James F. Lichon RPh,DDS,NCCM

DISCLAIMER

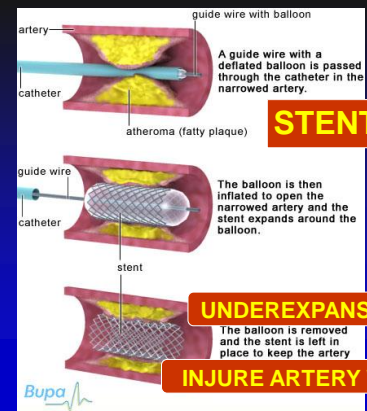
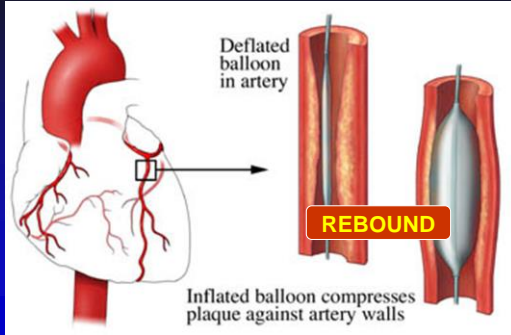
The information presented is for educational purposes only. The material is not medical advice and not intended for medical situations discussed.

Information in this field is always evolving and constantly changing.

Always consult your doctor first.

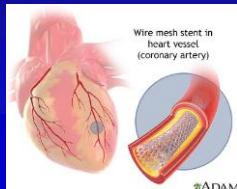


BALLOON ANGIOPLASTY

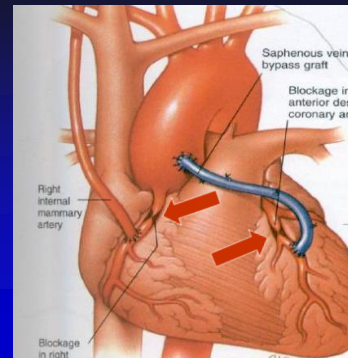


ADVERSE EFFECTS OF STENTS (24-48 hours)

Acute access site pain with hypotension
Coronary artery damage
Arrhythmias
Thrombus (blood clot)
Heart attack—4%
Cardiac mortality—1%

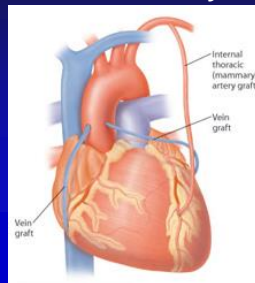


Bypass Surgery



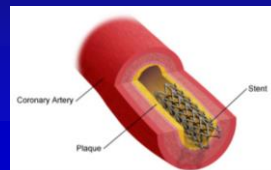
ADVERSE EFFECTS OF BYPASS SURGERY

Cognitive Impairment -short term memory loss, depression 15%
Stroke or MI—5%
Death—3%
Insomnia
Flashbacks
Infection
1/300 second bypass



Neither angioplasty, stents or cardiac bypass surgery is curative for CVD. They do relieve symptoms but do not treat the cause.

JAMA, NOV. 10, 2010-Vol 304, No.18



Dental Appointments after Stents or Open Heart Surgery



Dental Implications for Patients with Stents or Bypass Surgery



Do Not Stop Taking Medication Without a Physician Approval

Patients on Coumadin for AFib, Mechanical Heart Valve, DVT, Pulmonary Embolism

INR of 3--it takes 3x's longer to stop the bleeding then it would take someone not on Coumadin

INR 1 or less if not on Coumadin

INR of 2-3 normal if on Coumadin

Do Not Stop Taking Medication Without a Physician Approval



Treat Pt. INR < 3

Patients on a NOAC for AFib, DVT, Pulmonary Embolism

Replace Coumadin with NOAC's

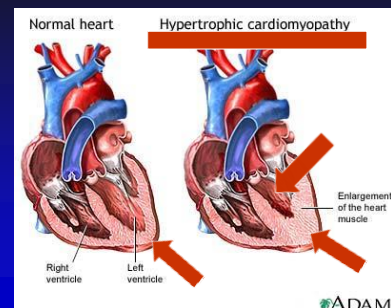


Do Not Stop Taking Medication Without a Physician Approval

SUDDEN CARDIAC DEATH



SUDDEN CARDIAC DEATH IN YOUNG ATHLETES

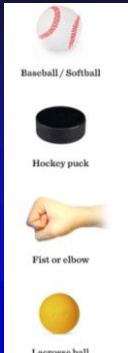
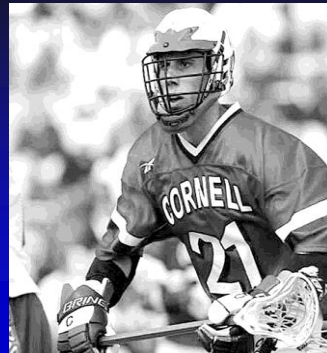


Genetic-1 in 500

First degree relatives of SCD victims are at a greater risk for CVD and would benefit from screening



Comotio Cordis

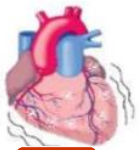


SCA vs. Heart Attack

Electrical Problem

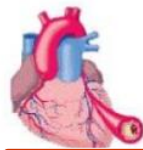
Pump Problem

SUDDEN CARDIAC ARREST



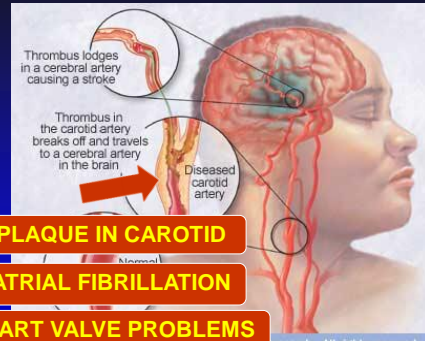
AED

HEART ATTACK



NO AED

ISCHEMIC STROKE



PLAQUE IN CAROTID

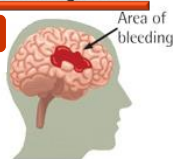
ATRIAL FIBRILLATION

HEART VALVE PROBLEMS



Hemorrhagic Stroke

15% of strokes



Weakened vessel wall ruptures, causing bleeding in the brain

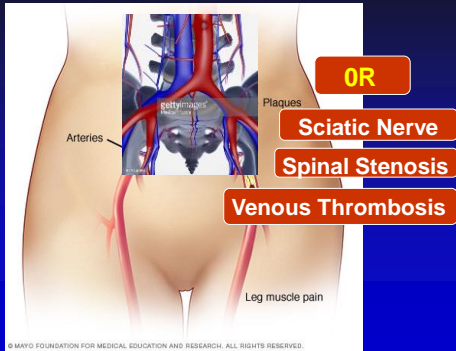


PERIPHERAL ARTERIAL DISEASE



Often Underdiagnosed
20-25% >70yrs have PVD

PERIPHERAL ARTERIAL DISEASE



Lower-Extremity Ulcers



**Smokers and diabetics
most affected (30%)
May be arterial or venous**

**Cardiovascular disease is the leading cause
of death among women & men of all ages**

**One in 3 women will die of CVD or stroke
One in 31 women will die of breast cancer**



Women can have the same risk factors as men for CVD

Smoking
Overweight
High blood sugar
High cholesterol
Family history



Father or brother < age 55 with CVD
Mother or sister < age 65 with CVD

HEART DISEASE SYMPTOMS IN WOMEN

Chest pain is shorter, less severe than men
Neck, shoulder, jaw, throat, back discomfort
Nausea and indigestion (Don't confuse with heartburn & gallbladder)

Unusual fatigue
Shortness of breath
***Walk up flight of stairs**



Pregnancy Complications Tied to Heart Disease

Gestational Diabetes
Preeclampsia



Premature coronary heart disease is a leading cause for morbidity and mortality in patients with lupus or rheumatoid arthritis

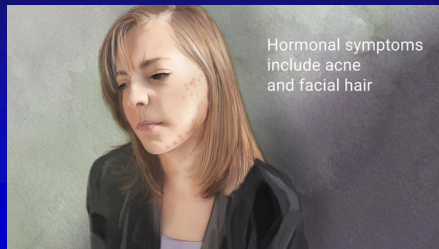


Endometriosis is associated with increased risk of CHD. The association was strongest among young women

Mar 29, 2016 Circulation



Research links Polycystic Ovarian Syndrome, with Infertility, Coronary Heart Disease, Diabetes, Obesity, Hypertension
Dec. 2016 Women's Health.gov



Cardiotoxicity of Herceptin

Cancer patients who are undergoing chemotherapy for breast cancer have a small to modest risk for developing cardiovascular complications

Vasc Health Risk Manag. 2015; 11: 223-228.



Risk of Heart Disease in Women after Radiotherapy for Breast Cancer (7%)

The increase is proportional to the mean dose to the heart

Journal Medical Imaging Feb. 2015



Only 5% of cancer patients are referred to rehabilitation to address physical or psychological deficits caused by cancer treatment.



Reduce Risk of Recurrence of Cancer and CVD

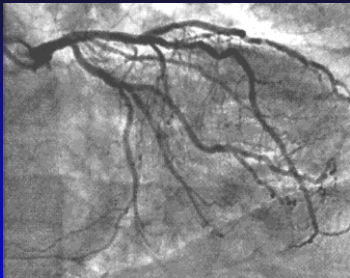
Lose weight if you are overweight
Be physically active
Don't smoke
Good diet
Mediterranean diet



Diagnostic tests in women not as accurate as those in men



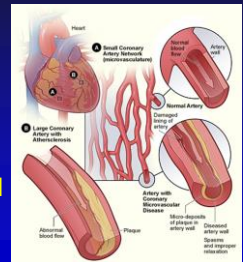
MICROVASCULAR DISEASE



Women may have less blockage in main arteries but more in small vessels

Coronary angiograms will not diagnose microvasculature disease

Stress test
Cardiac MRI
Intravascular ultrasound



Diagnosis Coronary Artery Disease

Physical activity

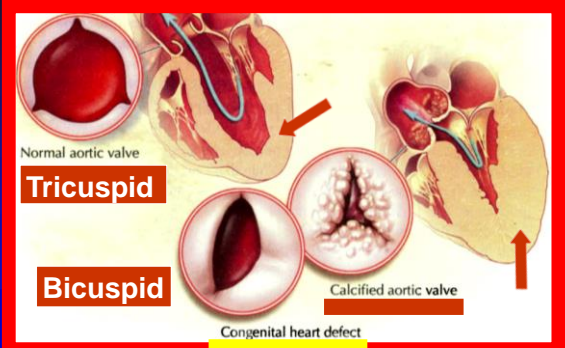


Diagnosis Coronary Microvascular Disease

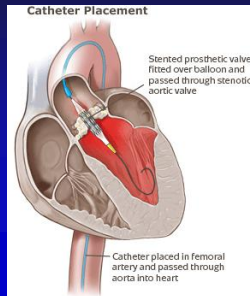
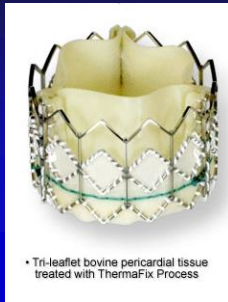
Shortness of breath
Unusual fatigue
Mental stress



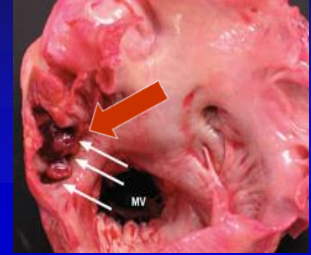
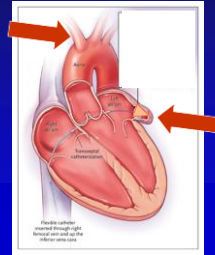
Heart Valve Defects



Transcatheter Aortic Valve Implantation



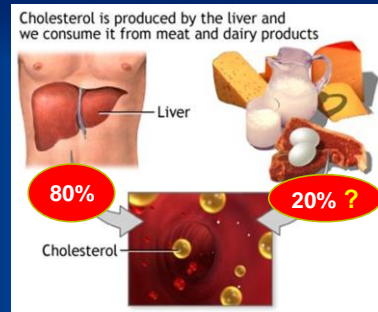
ATRIAL FIBRILLATION AND LEFT ATRIAL APPENDAGE A Common Risk Factor For Strokes and Heart Failure



CHOLESTEROL

ALWAYS in Animals

NEVER in Plants



Heredity/Immune System Controls Both

Why is Cholesterol Good?

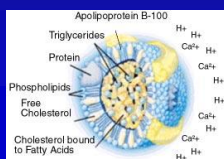
For normal structure, function and repair of cell membranes

For nerve conduction and brain function

Precursor for steroid hormones, e.g. testosterone, estrogens

Precursor for bile acid

Precursor for Vitamin D



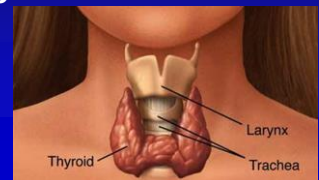
Fewer than half the adults diagnosed with high cholesterol knew whether they had ever been tested for thyroid disease.

May be low in vitamin D

Slowed heart rate

High cholesterol

B12 deficiency





1987

10 mg = 34%

20 mg = 40%

40 mg = 46%

25% of adults over 45 take statins

STATIN SIDE EFFECTS


Liver damage
Increased blood sugar or type 2 diabetes
Muscle and joint pain
Cataracts (pt. with diabetes)

Dose related
Age related



If statin intolerant rule out:

- Vitamin D deficiency
- Hypothyroidism
- High dose of statin
- Drug combinations
- Kidney/liver disease




Azithromycin Increased Risk of Cardiac Arrhythmia and Death in Patients with CVD

Annual Fam Med. 2014;




QT interval prolongation
Slow heart rate
Drugs to treat arrhythmias (Betapace, amiodarone)

WHAT CAN I PRESCRIBE FOR PATIENTS WITH CARDIOVASCULAR DISEASE




Amoxil—amoxicillin
Augmentin—amoxicillin/clavulanate
Keflex—cephalexin
Cleocin--clindamycin
Vibramycin--doxycycline
Flagyl--metronidazole



Antibiotics and Pregnancy

Yes	No
Amoxicillin (Amoxil)	Ciprofloxacin (Cipro)
Augmentin	Clarithromycin (Biaxin)
Azithromycin (Z-Pak)	Doxycycline-Vibramycin
Cephalexin (Keflex)	Clindamycin (Cleocin)
	Metronidazole (Flagyl)?



Antibiotics and Nursing

Yes

NO

Amoxicillin (Amoxil)

Augmentin

Clarithromycin (Biaxin)

Azithromycin (Z-Pak)

Cephalexin (Keflex)

Doxycycline-Vibramycin

Clindamycin (Cleocin)

Metronidazole (Flagyl)

Ciprofloxacin (Cipro)



Disabling and potentially permanent

FDA SAYS RISKS MAY OUTWEIGH BENEFITS FOR

Cipro, Levaquin

FDA March 2017

Used for
Bronchitis
Sinus inf.
UTIs

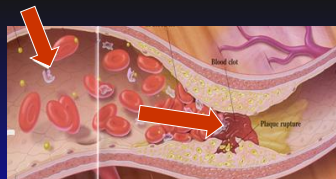
Irregular heartbeats

Depression

Nerve damage

Ruptured tendons

Seizures



Analgesic
Antipyretic
Anti-inflammatory
Prevent platelet aggregation



GI Bleeding
Hemorrhagic Stroke

Risk increases with age and dose

ASPIRIN –SECONDARY PREVENTION

Patients with prior history of CVD, PVD, or ischemic stroke should be on aspirin

Always check with your doctor

ACC and AHA recommend 81mg
After 80 not a lot of evidence on use



ASPIRIN –PRIMARY PREVENTION

Uncertain value for primary prevention of CVD except:

You have diabetes and at least one risk factor — smoking, HBP, genetics — and you're a man older than 50 or a woman older than 60

Mayo Clinic Nov 3, 2015

You need to qualify for aspirin
Always check with your doctor



Do Not Take Aspirin

History of stomach ulcers

Gastrointestinal bleeding

Blood clotting disorders

Uncontrolled hypertension

With methotrexate

Liver & kidney damage (hi dose aspirin)
(ibuprofen OK)



NSAIDs

Nonsteroidal Anti-Inflammatory Drugs

Aspirin—81mg, 325mg, 500mg, 650mg

Ibuprofen (Motrin—Advil) 200mg—q 4-6 hours

Naproxen (Aleve) 220mg—q 8 hours



NSAIDs (not aspirin)

Effect on kidneys and fluid retention

Increase BP and worsen control of HTN

Increase CV events and stroke

September 10, 2012—Circulation
Harvard Health July 13, 2015



BLACK BOX WARNING

Cardiovascular Risk

NSAIDs—risk of serious cardiovascular thrombotic events, myocardial infarction, and stroke

Gastrointestinal Risk

NSAIDs—risk of GI events including bleeding and ulceration,



Risk greater at higher dose, elderly patients, & pt. with liver or kidney disease

Be careful with patients on BP medicine (may increase BP)

DENTAL IMPLICATIONS WHEN PRESCRIBING IBUPROFEN / NAPROXEN

In patients with prior heart attack, most (NSAIDs), not aspirin, even when taken for as little as one week, are associated with an increased risk of death and recurrent heart attack.

Circulation May 9, 2011
UpToDate Jan.6, 2014
FDA July 2015



Tylenol and Codeine may be best choice

DENTAL IMPLICATIONS WHEN PRESCRIBING IBUPROFEN / NAPROXEN

DO NOT PRESCRIBE WITH:

Aspirin, Coumadin, Plavix, Pradaxa, Xarelto, Eliquis

(Increase bleeding time, stroke, heart attack)

Rx—Tylenol with Codeine or Vicodin (Norco)



**DENTAL IMPLICATIONS WHEN
TAKING NSAIDs, ASPIRIN, COUMADIN,
PLAVIX, PRADAXA, XARELTO, ELIQUIS**
Increases risk of bleeding gums



Pregnancy and NSAIDs

1st and 2nd trimester some risk of
harm to the fetus

3rd trimester more risks



Pregnancy and NSAIDs

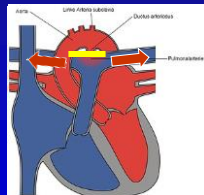
Prolonged gestation

Premature closure of ductus arteriosus

Cause maternal and fetal complications

Miscarriage

Tylenol and Codeine is
safe during pregnancy



**In breast feeding women,
ibuprofen, naproxen and Tylenol
can be safely used**



Aspirin and Nursing

Nursing women are advised against
aspirin use because of the possible
development of Reye's Syndrome in their
babies.



Drug safety while breastfeeding (Google)



325mg



500mg



650mg

Analgesic and Antipyretic

50% of all sudden (acute) liver failure in US
caused by Tylenol--ck pt for liver disease
and drinking (no more than 3 drinks/day)

Maximum adult dose = 3000 mg/day



**TYLENOL (ACETAMINOPHEN) 500MG
MOTRIN OR ADVIL (IBUPROFEN) 200MG**



**Acetaminophen (Tylenol) 250 mg,
Aspirin 250 mg
Caffeine 65 mg**



**400 mg aspirin
32 mg caffeine**



**500 mg aspirin
32 mg caffeine**



**Same as
Excedrin**

**250 mg Tylenol
250 mg aspirin
65 mg caffeine**

Treating Pain in Children

For children aged under 3/6 months,
Tylenol should be offered.

Children aged over 3/6 months can be
offered both Tylenol and ibuprofen

Extra Strength Tylenol products should
not be given to children younger than 12.



Treating Pain in Children

Aspirin is approved for use in children
older than 2. Children recovering from
viral infection (chicken pox, flu) should
never take aspirin because of
Reye's syndrome



HEART-FRIENDLY MEDICINES



CAUTION--NARCOTIC SIDE EFFECTS WITH:

Antidepressants: Elavil, Wellbutrin, Celexa, Lexapro, Zoloft, Serzone, Effexor, Prozac, etc.

Antipsychotics: Clozaril, Holdol, Lithium, Abilify, Seroquel, Zyprexa, Thorazine, etc.

Alcohol

Symptoms: slow heart rate, confusion, respiratory depression

ALL DRUGS HAVE COLLATERAL DAMAGE. THERE IS NO FREE LUNCH



Alzheimer's drugs don't work for everyone, and they can't cure the disease or stop its progression

JAMA Jan. 1, 2014

Agency for Healthcare Research and Quality Oct 4, 2013

Consumers Report Best Buy Drugs Jan 7, 2013

Take off slowly!



Side Effects from Multiple Meds Are Double Trouble for Those Over 65



40% of people over 65 take 5 or more Rx medicines

Taking 5 Rx drugs, 85% chance of adverse reaction

Start low-go slow! Over 65, start drugs 1/3 to 1/2 the usual adult dose

Any new symptom should be considered a drug side effect unless proven otherwise

Beers criteria-- 2015 Update Am.Ger.Soc

Health In Aging

GOOGLE

Drug prescribing for older adults - UpToDate





Side Effects

Drug Interactions



SUPPLEMENTS AND VITAMINS



Prohibits FDA from regulating the supplement business

Dietary supplements are classified as foods

Who takes dietary supplements

Older adults

Women (54%)– Men (43%)

Those with the most formal education

Those who are wealthier and healthier



BENEFITS OF ACAI BERRY

1. Boosts energy levels
2. Improves digestive function
3. Improves mental clarity/focus
4. Promotes sound sleep
5. Provides all vital vitamins
6. Fights cancerous cells
7. Alleviates diabetes
8. Aids in weight loss
9. Contains several important minerals
10. Cleanses and Detoxifies the body of infectious toxins
11. Strengthens your immune system
12. Enhances sexual desire and performance
13. Slows down the aging process
14. Promotes healthier and younger-looking skin



“If it sounds too good to be
TRUE then it probably
IS.”

There is no one food
responsible for good health



Every food is a Super Food

Is there any supplement in your supplement?

Feb. 5, 2015 Institute of Human Nutrition at Columbia University Medical Center



A false advertising suit claims Almond Breeze is only 2 % almonds

July 29 2015

It's mostly water, sugar, carrageenan, lecithin

Almond Breeze \$3/qt
Rice Dream \$3.70/qt
Milk \$1.80/qt



Milk Made From Peas

Ripple has 8 g of protein per serving
Almond milk has 1g
Coconut milk has none.
Cashew milk has none
Cow's milk 8 gm

\$4.50– 1.5 qt



If you're considering a dietary supplements, educate yourself about the product before your take it.



Be Careful if You Buy Supplements Online

- Many testimonials are phony
- Many “studies” are worthless
- “News” sites may be fake
- Free Samples can be costly



Here are warning signs of health quackery

Words such as “miraculous”, “instant”, “secret”, or “amazing”

Vague claims such as “raise your energy level”, or “boosts immune system”

Claims that a product will cure a wide variety of illnesses. Cure-alls seldom cure anything.

Multi-level marketing, testimonials

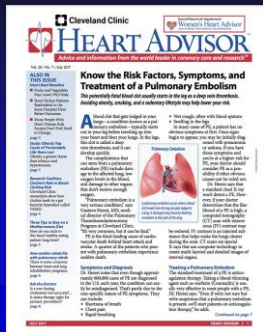
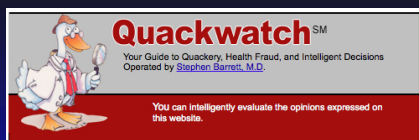


Mayoclinic.com



SCIENCE-BASED MEDICINE

Exploring issues and controversies in the relationship between science and medicine



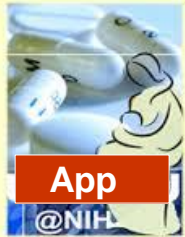
ORDER

Never use a herbal product or dietary supplement while pregnant or breast feeding

LACTMED

"The most comprehensive, up-to-date source of information regarding the safety of maternal medications when the mother is breastfeeding."

American Academy of Pediatrics



Google

FRONTLINE Supplements and Safety

01/19/16



Supplements Can Make You Sick – Consumers Reports

Google



OMEGA 3 FATTY ACIDS Fish Oil



HERRING

SALMON

SARDINES

TROUT

TUNA

ANCHOVIES



Benefits of Fish Oil

Cardiovascular disease 500-1000 mg/day

Rheumatoid arthritis 2000 mg/day

Osteoarthritis 2000 mg/day

Triglycerides 3000-4000 mg/day



Derived from Algae



Nordic Naturals

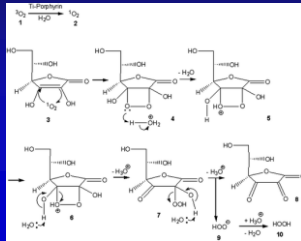


Chia seed
Flaxseed

Vitamin C

Vitamin C is a family of compounds

1. Ascorbic acid
2. Rutin
3. Bioflavonoids
4. Factor K
5. Factor J
6. Factor P
7. Tyrosinase
8. Ascorbinogen



VITAMINS ARE NOT INDIVIDUAL COMPOUNDS BUT BIOLOGICAL COMPLEXES



vitamin A
vitamin K
vitamin C
Folate
Fiber
Calcium
Molybdenum
Manganese
Potassium
Iron
vitamin B
vitamin B2
vitamin B6
Tryptophan
Copper
Mangesiums
Zinc
Phosphorus



You can not replicate in a pill what you get in your diet

MULTIVITAMINS

**Lots of Types
Lots of Confusion
Take Daily ?**



Claims such as "Stress Formula", High Potency", "Natural" are marketing ploys



Multiple Vitamins May Benefit

- Those who have chronic gastrointestinal disorders
- Those who fail to get the right amount and type of food for proper nutrition
- People on a restrictive weight loss diet
- People with a chronic illness
- Women who are pregnant or breastfeeding
- Prolonged weight loss diets
- Age—over 65



PRENATAL VITAMINS

Folic acid (vitamin B9)

Prevention of neural tube or spinal defects

Prevention of low birth weight

New recommendation for iodine in all prenatal vitamins (150ug)



Multivitamin Use and Breast Cancer

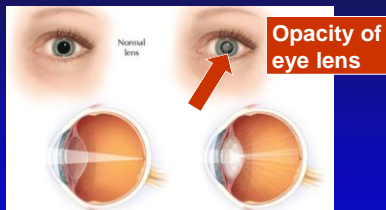
Postmenopausal women with breast cancer using MVM had lower breast cancer mortality than non-users.



Breast Cancer Res Treat. 2013 Oct;141(3):495-505

Daily multivitamin use could reduce cataract risk (9%)

21 February 2014 Brigham and Women's Hospital



A cataract scatters light and prevents a sharp image from reaching your retina

Age-Related Macular Degeneration

Intermediate → Advanced

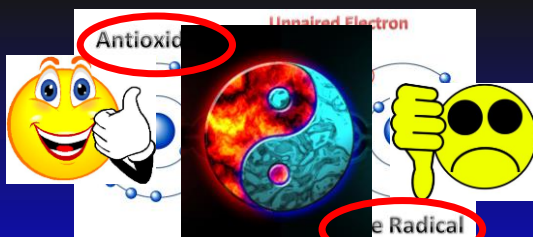


AREDS will not prevent the progression of cataracts

Vit A, C, E
Zn, Cu

Central Vision

No Vit A- Lutein
Zeaxanthin



Body makes AO
Food (1000's)
Vitamins (C, E)
Minerals (Se, Mn)
Enzymes

Krebs Cycle
WBC
Exercise
Tobacco smoke
Radiation

No evidence that antioxidant supplements have beneficial effects on mortality. Beta carotene, vitamin A, and vitamin E seem to increase the risk of death.

in high doses



February 28, 2007, Vol 297, No. 8

Oxford Journal Medicine: Oct 30, 2008

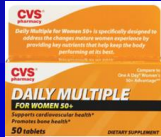
Journal of the National Cancer Institute May 16, 2012

Cochran Library Jan. 20, 2010

Antioxidants During Cancer Treatment

If you are not eating well, a multivitamin can help

Avoid any individual antioxidant
Check with your doctor



Kidney Stone Risk in Men Linked to Vitamin C Intake

It is reasonable for men prone to kidney stone formation not to take more than 500mg a day of vitamin C supplements.

Nephrology Oct. 20, 2015

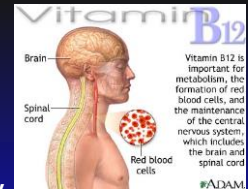


Does not apply to multivitamins

A diet that is rich in a mix of antioxidants is something to aim for. Focus on fruits, vegetables, whole grains, nuts and legumes.



Causes of vitamin B12 deficiency



Abdominal, intestinal surgery

Atrophic gastritis, Hypothyroidism (30/40%)

Metformin (DM and Polycystic Ovary Syndrome)

Nexium, Prilosec, Pepcid, Tagamet--acid blocking,

Celiac disease

Pernicious anemia (AI)

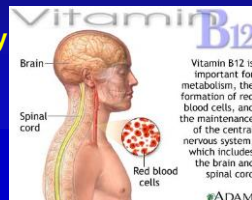
Symptoms of vitamin B12 deficiency

Muscle weakness, unsteady gait, numbness or tingling in fingers or toes (diabetes or MS)

Dementia, cognitive impairment, psychosis, depression, irritability

Anemia, fatigue

Usually Develops Slowly



ATROPHIC GLOSSITIS (Beefy, Red, Smooth tongue)

Nutritional deficiency

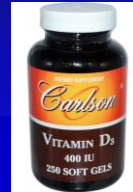
- Vit B12
- Folic Acid (B9)
- Riboflavin (B2)
- Niacin (B3)
- Iron
- Celiac Disease



VITAMIN (?) D



The only vitamin that the body
can make



Causes of Vitamin D Deficiency

Liver or kidney problems

Aging

Hypothyroidism

GI disorders—Crohn disease, ulcerative colitis, Celiac disease

Medications (prednisone, wt. loss drugs)

Sunscreen (basal, squamous, melanoma)

No sun—Northern climate



Sunscreen Myths and Facts Berkeley Wellness

GOOGLE



Sun is not the enemy it's been
made out to be



If your shadow is longer than you are
tall, you are not making any vitamin D

10,000 cases of melanoma & 250,000
cases of basal and squamous cell skin
cancer in 2016 can be attributed to
tanning bed use

Journal of Cancer Policy, Feb. 28 2017



Benefits of Vitamin D (?)

- For calcium and phosphate absorption
- Impacts muscle strength
- Benefits the immune system
- Maintain the health of bones and teeth
- Regulate insulin levels and aid diabetes management
- Influence the expression of genes involved in cancer development
- Support lung function
- Multiple sclerosis
- CVD



MUSCLE SORENESS

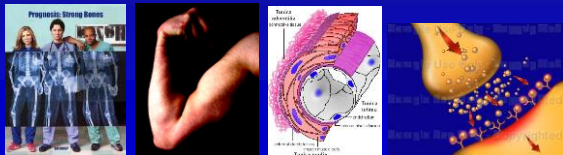
"Not Just Getting Old"

Low vitamin D—muscle pain
 Statins (Zocor, Lipitor, etc--10%-15%)
 Peripheral vascular disease
 Vitamin B12 (low)
 Mg, Ca, K (low)
 Celiac Disease
 Hypothyroidism
 Bisphosphonates
 Drug combinations



CALCIUM

Builds strong structure of bones and teeth
 Secretion of hormones and enzymes
 Transmit impulses thru the nervous system
 Muscle and blood vessel contraction



CALCIUM

Found naturally in meat, dairy products, leafy green vegetables, and beans.

May also need supplements since the body cannot make calcium



CALCIUM SUPPLEMENTS

Calcium carbonate

Least expensive
 Should be taken with food
 Absorption is acid dependent



Calcium citrate

Acid independent
 Take with or without food
 Can take with PPI (Nexium, etc)



No more than 500mg at one time



CALCIUM SUPPLEMENTS

Do not take with Synthroid, Dilantin, cortisone, BP, bisphosphonates, thiazides

(take 4 hours before or 4 hours after taking Ca)

Check with your pharmacist !!!



WOMAN'S HEALTH INITIATIVE

Women who took 1000mg of calcium supplements daily had 17% more kidney stones

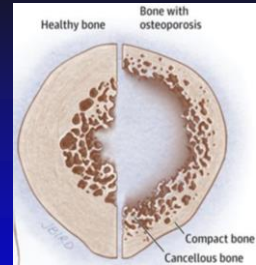
Women who consumed calcium from food had fewer kidney stones

36,000 women/ 15 years



Osteoporosis

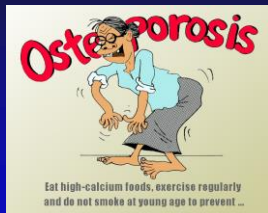
Osteoporosis is silent



Only 30% of patients with osteoporosis had been diagnosed

RISK FACTORS FOR OSTEOPOROSIS

Small or thin body frame
Smoking, alcohol
Sedentary lifestyle
Intestinal disorders
Type 1 diabetes (AI)
Genetics
Early menopause



Women over 65 & men over 70 should have a bone density test if have risk factors

Drugs Associated with Low Bone Mineral Density and Fracture Risk

Diuretics-- Lasix, Bumex, Demadex

Get potassium, magnesium, calcium checked

Thyroid meds—Synthroid, Levothy

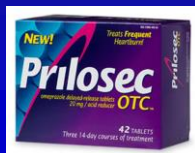
Lupron, Synarel

Nexium, Prilosec, Prevacid (PPI)



Proton Pump Inhibitors (PPIs): Medication Side Effects & Warnings -- Drug Watch


GOOGLE



Pneumonia
Kidney disease
Diarrhea (C.diff)


Ulcerative Colitis
Osteoporosis
<B12, Mg, Ca, Iron



<u>Antacids</u>	<u>H2 blockers</u>	<u>PPI</u>
Tums	Pepcid	Prevacid
Rolaids	Tagamet	Prilosec
Maalox	Zantac	Nexium
Pepto Bismol		
Alka-Seltzer		

Do not stop PPI suddenly—horrible heartburn

LINX Reflux Management System for GERD




Allowed 87 percent of patients to stop using acid-suppressing drugs
Mayo Clinic May 2014

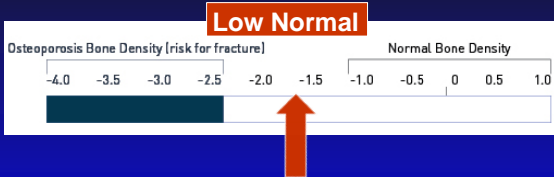
BONE DENSITY SCAN

Measures bone density at the hips and spine

The score (T-score) is compared with the average score of a 30-year old woman



Know Your T-score



OSTEOPENIA
FOSAMAX, ACTONEL, BONIVA
RECLAST, PROLIA

LIFESTYLE


Weight-Bearing Exercise
Strength Training Exercise



Does Exercise Really Help Bones?

Berkeley Wellness

GOOGLE



The Best Osteopenia and Osteoporosis Exercises

Duke University Health News

GOOGLE



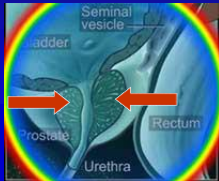
People over 50 should aim for 1,200 mg of calcium daily, obtaining as much as possible from dietary sources and supplementing only as necessary; there's no benefit from getting more than 1,200 mg



PROSTATE CANCER AND ANDROGEN DEPRIVATION THERAPY

To reduce levels of male hormones (testosterone) which fuels the growth of cancer cells

More likely to have osteoporosis and/or periodontal disease



J Urology-2007 March 177(3)

Rx Lupron
Rx Casodex