



Highlights: Building Healthy Bones



This fact sheet is about bone loss (osteoporosis). Bone loss is a side effect of highly active antiretroviral therapy (HAART). Some people may not have any symptoms. Broken bones, pain and disability are signs of bone loss. People with bone loss may first feel back pain. They may stoop or have a loss of height. Follow these tips to slow down bone loss.

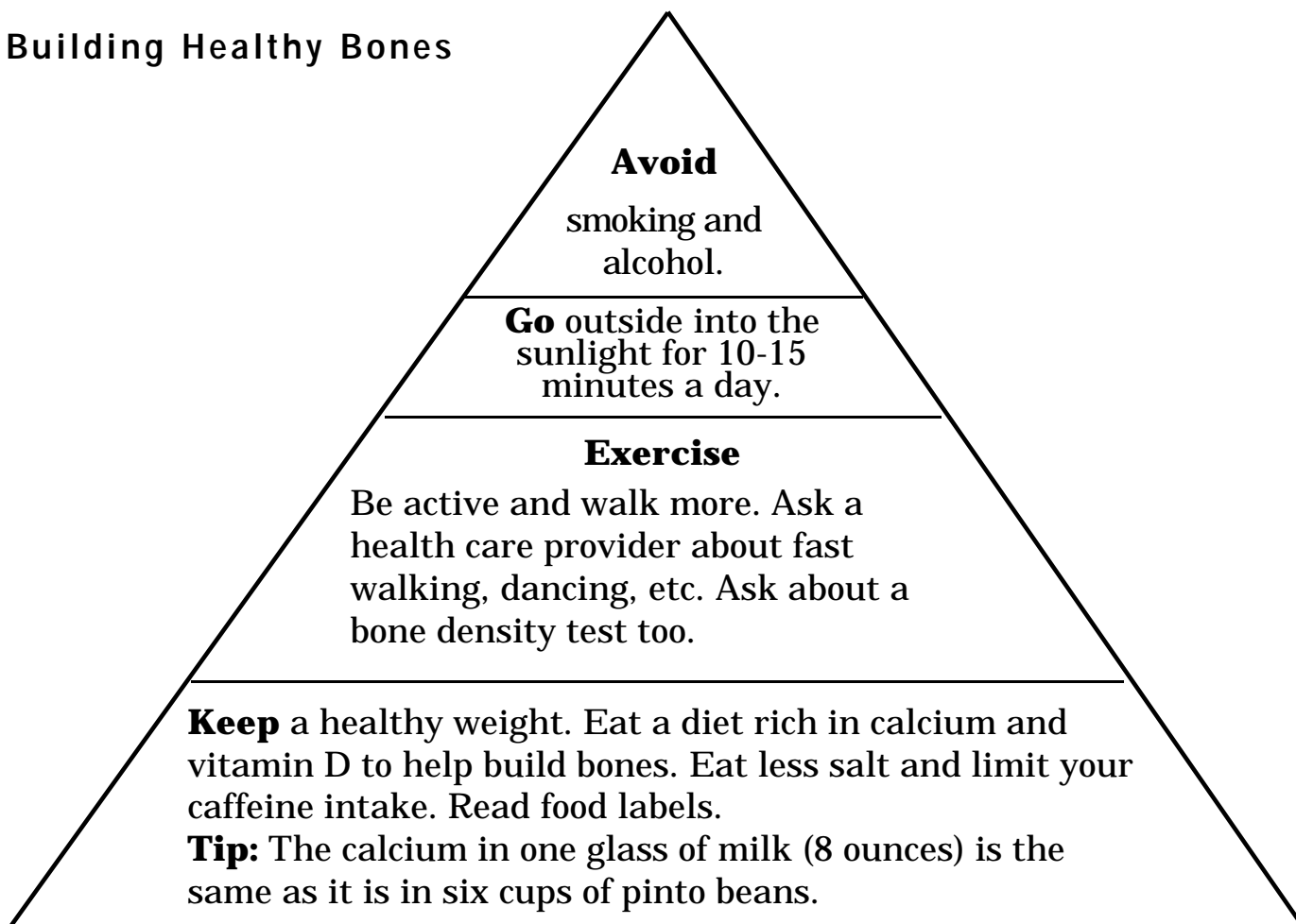
Bone Builders

Bones need many nutrients.

- ◆ Calcium is the main nutrient needed to build bones. It is in dairy foods, almonds, canned sardines and salmon. There are foods with added calcium too.
- ◆ Vitamin D helps the body to use calcium and build bones. It is in enriched food such as milk, butter, egg yolk and fatty fish.
- ◆ Vitamin C helps to make collagen. It is the tissue that holds bones together. This nutrient is in fruits, green vegetables, melons, and potatoes.

Bones need other nutrients too such as minerals. Plan meals to have nutrients needed to build and keep bones strong.

Building Healthy Bones



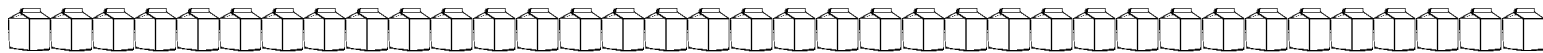
Talk to a health care provider before you exercise. Moving the body in some ways can harm people with bone loss.



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Many things change how bones grow. Here is a list of things that increase bone loss.

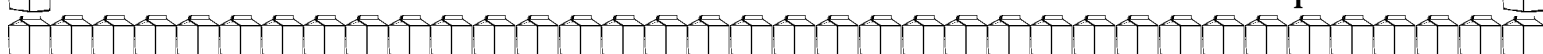


Things That Increase Bone Loss

Other Risk Factors

- ⊗ No Exercise ⊗ Smoking ⊗ Alcohol abuse ⊗ Diets high in protein, salt, or caffeine (more than 16 ounces a day)
- ⊗ Diets low in calcium ⊗ Weight loss and low calcium intake ⊗ Certain drugs (such as antiretrovirals)
- ⊗ Low male hormone levels

- ⊗ Anorexia or Bulimia (eating disorders)
- ⊗ Diabetes ⊗ Liver, pancreatic, stomach, or thyroid disease ⊗ Being White or Asian ⊗ Being thin or having a small body ⊗ Older people ⊗ People with a family history of bone loss ⊗ Women who do not have menstrual periods



Lactose Intolerance

Lactase pills or liquid can help to increase calcium intake.

Supplement Tips

- ⊗ Ask a health care provider about calcium supplements. If you do take them, take them with meals. TUMS (an antacid) is cheaper than most supplements.
- ⊗ Too much calcium can cause hard stools and stomach upset. See a health care provider if you have these symptoms.
- ⊗ Too much vitamin D may cause bone loss. Read the labels on supplement bottles. Do not take more than 400 International Units (IUs) without a doctor's okay.



Sun Facts

- Aging makes it harder for the skin to make vitamin D.
- Air pollution and clothing affects skin so it makes less vitamin D.
- African Americans and Asians need more time in the sun to make vitamin D.
- The skin makes less vitamin D in the Winter. Vitamin D may also be low in people who live in the North.
- Sunscreen with sun protective factors (SPF) of 8 or more stops the skin from making vitamin D.

Building Healthy Bones Review

Bone loss is common in positive people. Use these tips to slow bone loss. 1) Keep a healthy weight. 2) Eat a diet rich in calcium and vitamin D. 3) Know the things that increase bone loss. 4) Ask a health care provider about exercise and supplements.

Note: This information is current as of March 2005. It is not medical, fitness, dietetic, or professional advice.