

BONE & JOINT HEALTH

RISK FACTORS

- Ageing
- Low calcium intake
- Low body weight (body mass index >19 kg/m²)
- Physical inactivity
- Maternal family history of hip fracture
- Smoking
- Vitamin D deficiency
- Excessive alcohol consumption

BONE & JOINT HEALTH TIPS



Eat a well-balanced diet rich in calcium and vitamin D

Adequate calcium and vitamin D intake helps to modify the rate of bone loss with aging. Whole grains; lean meats; fish; lots of green, leafy vegetables; and dairy products help to nourish cells throughout the body to keep bones strong.



Exercise

Building muscle can help to support bone and joint strength. It can also help to control weight in order to relieve stress on the body frame.



Quit smoking

Smoking increases the risk of developing bone and joint problems. Smoking cessation, even later in life, may help limit smoking-related bone loss.



Avoid excessive alcohol consumption

Excessive alcohol consumption interferes with the absorption and levels of calcium in the body which can increase the risk of bone loss. Chronic alcohol intake has been associated with an increase in bone fractures.



Consult your health provider

Bone mineral density can be tested to find unknown bone-related conditions. A healthcare provider gives suggestions to minimize bone and joint problems.

STAY ACTIVE HELPFUL EXERCISES



AEROBIC OR ENDURANCE EXERCISES*

Includes: walking, bicycling and swimming. Helps with overall fitness. Supports weight control.



BODY AWARENESS EXERCISES*

Includes: gentle forms of yoga and tai chi. Helps to improve balance, posture and coordination. Promotes relaxation.



RANGE-OF-MOTION EXERCISES*

Includes: head turns and knee lift. Relieves stiffness. Improves mobility.



STRENGTHENING EXERCISES*

Includes: running, jumping rope and lifting weights. Helps to build muscle strength to support the body. Promotes bone growth and strength.

*Talk to your healthcare provider before starting any type of exercise programme for the purpose of improving bone and joint health.

Sources:

- 1) http://www.niams.nih.gov/health_info/bone/Osteoporosis/conditions_Behaviors/bone_smoking.asp
- 2) <http://www.who.int/bulletin/volumes/81/9/Woolf.pdf>
- 3) <http://www.cdc.gov/physicalactivity/basics/glossary/>
- 4) https://static.medicine.iupui.edu/divisions/rheu/content/patienthandouts/ETR_ROM_brochure.pdf
- 5) <http://www.mayoclinic.org/arthritis/art-20047971?p=1>
- 6) https://www.michigan.gov/documents/mdch/Bone_and_Jt_Health_and_Smoking_fact_sheet_314042_7.pdf 7) <http://pgh.com.sg/orthopaedic-advice-tips-common-joint-pain-problems/>

骨骼与关节健康

风险因素

- 老化
- 钙摄入量低
- 体重过轻（身体质量指数低于19公斤/米²）
- 缺乏身体活动
- 母亲家族腕部骨折史
- 吸烟
- 缺乏维生素D
- 过量饮酒

骨骼与关节健康提示



摄入富含钙和维生素D的均衡饮食

摄入充足的钙和维生素D有助于改善因衰老而引起的骨质流失率。全谷物、瘦肉、鱼类、大量的绿叶蔬菜及乳制品可帮助滋养全身细胞，保持骨骼强健。



运动

增加肌肉有助于支援骨骼和关节的强度。它还可以帮助控制体重，以减轻对身体骨架的压力。



戒烟

吸烟会增加发生骨骼与关节问题的风险。戒烟，即使是在上了年纪之后才戒烟，或有助减少与吸烟相关的骨质流失。



避免过量饮酒

过量饮酒会干扰钙的吸收和体内钙水平，从而增加骨质流失的风险。长期饮酒与骨折现象增加相关联。



咨询专业医护人员

通过测试骨矿物密度可发现与骨骼相关的未知疾病。医护人员可以提供建议，以最大程度减少骨骼与关节的问题。

有助维持活跃的运动



有氧运动或耐力运动*

包括：步行、骑脚踏车和游泳
有助整体健康
支援体重控制



身体意识运动*

包括：温和瑜伽和太极
帮助改善身体平衡、姿势及协调性
促进放松



关节活动范围的运动*

包括：转头和抬膝
缓解身体僵硬
提高活动能力



力量运动*

包括：跑步、跳绳和举重
帮助增加肌肉强度以支撑身体
促进骨骼的生长与强度

*在开始任何类型的改善骨骼与关节健康运动之前，请先咨询您的医护人员。

资料来源：

- 1) http://www.niams.nih.gov/health_info/bone/Osteoporosis/conditions_Behaviors/bone_smoking.asp
- 2) <http://www.who.int/bulletin/volumes/81/9/Woolf.pdf>
- 3) <http://www.cdc.gov/physicalactivity/basics/glossary/>
- 4) https://static.medicine.iupui.edu/divisions/rheu/content/patienthandouts/ETR_ROM_brochure.pdf
- 5) <http://www.mayoclinic.org/arthritis/art-20047971?p=1>
- 6) https://www.michigan.gov/documents/mdch/Bone_and_Jt_Health_and_Smoking_fact_sheet_314042_7.pdf 7) <http://pgh.com.sg/orthopaedic-advice-tips-common-joint-pain-problems/>