

Heart & Bone Health

Heart and bone health are alike in many ways. Each of them is a silent disease and does not give much warning before diagnosis. Both conditions can cause loss of physical function and independence. However, we can take steps to identify the risk factors, prevent and treat heart and bone disease in an effective way.

Bone loss & Heart Disease

How are they similar?

Bone Loss



Heart Disease



- Chronic disease.
- Prevention & screening are very important.
- Runs in families.
- Correct physical activity can prevent and treat the disease.
- Correct nutrition can prevent and treat the disease.



You are at risk if-

Osteoporosis-

- You are a woman older than 65 or a man older than 70.
- You are Caucasian or Asian.
- You are a woman who has reached menopause.
- Your close relative has osteoporosis or has broken a bone.
- You have broken a bone after 50.
- You have lost more than 1-1/2 inches of height or have stooped posture.
- You rarely exercise.
- You rarely get enough calcium.
- You smoke.
- You have more than two drinks of alcohol several times a week.

Heart Disease-

- You have high blood pressure.
- You have high cholesterol.
- You smoke.
- You do not eat a lot of fruits and vegetables.
- You have more than two drinks of alcohol several times a week.
- You do not exercise on a regular basis.
- You have diabetes.
- You are overweight.



Lifestyle changes to improve bone and heart health:

Eat a variety of nutrient-rich foods

Make half your plate vegetables and fruit, add lean protein, include whole grains, select heart-healthy fats and remember to include a calcium-rich food or drink to each meal.

For more information about healthy food choices, go to www.choosemyplate.gov

Maintain healthy weight

Eat the amount of calories and protein you need based on your height, weight, age and medical condition. Regular physical activity will also help you maintain healthy weight.

Get the calcium you need

It is recommended that adults consume 1200 milligrams (mg) of calcium each day. It is best to get it from the foods rich in calcium like low fat milk, yogurt and cheese; dark green leafy vegetables like bok choy, broccoli, collard greens, kale, mustard greens, and turnip greens; canned fish like sardines and salmon and other calcium-fortified foods. If you are not getting the recommended amount of calcium from food, consult your healthcare provider to find out if a calcium supplement is right for you.

Get the recommended amount of vitamin D

There are only a few good natural sources of vitamin D including fatty fish such as catfish, eel, mackerel, salmon, sardines, tuna and shitake mushrooms. Small amounts of vitamin D is added to all cow's milk, almond milk, coconut milk, rice milk, soy milk and orange juice; yogurt, cheese, and nutrition bars. Adults 50 years of age and above need 800-1000 IU or 20-25mcg daily. Your healthcare provider may recommend more vitamin D than above stated amounts based on individual needs.



Physical activity

Regular physical activity is required for good bone and heart health. Your bones and muscles get stronger and denser when you make them work. Walking, climbing stairs and dancing are weight-bearing exercises that strengthen your muscle and bones by moving your body against gravity. Resistance exercises such as lifting weights or using exercise bands also strengthen your bones and muscles. Tai Chi is an example of physical activity that improves posture and balance to help decrease the risk for falls and fractures. Aerobic activities like walking, using a stationary bicycle and elliptical improve overall stamina and heart health. Exercise can be easy; try 10 minutes at a time, adding the minutes up to reach your goal.

Quit smoking

Call 1-800-NYQUITS for information about how to quit.

Limit alcohol

It is important to speak to your healthcare provider about possible interactions between alcohol and your medications or your medical condition. More than two drinks consumed several times a week increases the risk of heart disease and osteoporosis.

Move well Eat well Live well