

FIVE FACTS: OSTEOPOROSIS & HEART HEALTH

- 1** There's a relationship between heart health and osteoporosis.
- 2** The decline in estrogen following menopause increases the risk of both osteoporosis and heart disease.
- 3** Risk factors for heart failure include: older age, post menopause, hypertension, diabetes, and smoking.
- 4** Reducing excess calories and making improvements in your dietary choices may be helpful in preventing some cardiovascular events.
- 5** The dietary guidelines published in the Journal of American Cardiology recommend diets to include fruits, vegetables, whole grains, legumes, seafood, and low fat dairy.

Reference:

Osteoporosis is Associated with High Risk for Coronary Heart Disease: A Population-Cohort Study. Sej-Jou Chen, Chea-Sheng Lin, Cheng-Li Lin, Chea-Hung Kao. *Pub Med* (Baltimore). 2015 Jul; 94 (27): 1146, doi 10.1097/MD0000000000001146

