

FIVE FACTS: OSTEOPOROSIS AND GUT HEALTH

- 1** There is a correlation between osteoporosis and gut health
- 2** The gut microbiome has thought to be linked to the regulation of bone mass
- 3** Microbes live in the digestive tract, and they include bacteria, fungi, and viruses
- 4** The microbes assist in digestion process that contribute to nutrient absorption
- 5** A healthy diet is beneficial to gut microbiota, which improves intestinal absorption and regulate bone loss

References:

Sucheng L., Yubo M., Feng Z., Huilin Y., Oin S., Bin M. Gut microbiome and osteoporosis. Bone Joint Res. 2020 Aug 2; 9(8):524-530. Doi:10.1302/2046-3758.98.BJR-2020-0089.R1

