Nutrition Aspects of Osteoporosis Care and Treatment

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Objectives

- To understand bone growth and development across the lifespan.
- To develop a better understanding of osteoporosis.
  - The pathophysiology of osteoporosis.
  - How osteoporosis is diagnosed.
  - The prevalence of osteoporosis in the United States and in WV.
  - Nutritional concerns.
Types of Bone

- **Cortical bone** (80% of the skeleton)
  - Makes up the shaft of the long bones and makes up the outer shell of all bones.
- **Cancellous (trabecular) bone** (20% of the skeleton)
  - “shock absorbing bone” found in the vertebrae of the spine and at the end of long bones.

Bone Growth and Development

- Bone is a living tissue that is continuously being both built up and torn down (remodeling cycle).
- Every ten years, most of the skeleton has been remodeled.
Bone Growth and Development

- Involvement of two types of bone cells in the remodeling process:
  - Osteoclasts- remove old bone.
  - Osteoblasts- build bone.

Peak Bone Mass

- More bone is built up than destroyed for most individuals until their early 20’s.
- At this point, peak bone mass is reached or the strongest the bones will be.
Influences on Peak Bone Mass

- Hereditary Influences (70-80%)
  - Gender
  - Race
- Lifestyle Influences (20-30%)
  - Smoking
  - Excess intake of ETOH
  - Exercise
  - Fall prevention behaviors
  - Nutritional (calcium and vitamin D)

Changes in Bone Over Time

- Bone is significantly built up during the teenage years.
- Bone mass remains essentially the same until the 30’s to 40’s.
  - Bone loss starts to occur as more bone is broken down than is built up.
Changes in Bone Over Time

- With the onset of menopause, bone loss is accelerated.
  - This acceleration can last 5-10 years.
  - Some women can lose as much bone during the 5 years after menopause as they gained during their adolescence.

Effect of Age on Bone Mass

What is Osteoporosis?

"Osteoporosis is a skeletal disorder characterized by compromised bone strength predisposing to an increased risk of fracture. Bone strength reflects the integration of two main features: bone density and bone quality."

Normal Bone Versus Osteoporosis


Diagnosing Osteoporosis

- Use of the World Health Organization Classification.

  OR

- Having a fragility fracture (low trauma).
  - A fracture that occurs in a situation where a fracture normally wouldn’t have occurred or from a fall from standing height or less.
Evaluation of Bone Density

- Multiple tests available:
  - Peripheral quantitative computed tomography – primarily used in research.
  - Quantitative computed tomography-greater radiation exposure and requires concurrent use of a phantom scan with patient’s scan.
  - Quantitative ultrasound-formula required to calculate T-score equivalent.

Types of Bone Density Tests

- Radiographic absorptiometry-x-ray technique of hand which requires specialized equipment.
- Radiogrammetry-x-ray technique of the hand.
- Single x-ray absorptiometry-peripheral site measurement requiring the heel or forearm to be immersed in water.
- Peripheral energy dual x-ray absorptiometry (pDXA)-focused on forearm or heel.
The Gold Standard

- Dual energy x-ray absorptiometry (DXA):
  - Measures the axial skeleton (spine and hip(s)).
  - Can also measure aspects of the peripheral skeleton (forearm).
  - Can perform a total body assessment.
  - Able to perform a vertebral fracture assessment.

Acceptance of DXA:

- Low radiation levels.
- DXA (axial) measures areas of bone where the impact of bone loss will be seen more quickly.
- Shown to be effective in predicting fracture risk.
- Only method approved by Medicare for follow-up testing.
T-score

- Obtained through DXA testing.
- The T-score compares an individual’s bone mineral density to the mean of a young normal reference group. The difference is expressed as a standard deviation score.


WHO Classification for Postmenopausal Osteoporosis

- Normal: T-score -1.0 and above.
- Low bone mass (osteopenia): T-score of -1.1 to -2.4.
- Osteoporosis: T-score -2.5 and below.
- Severe or established osteoporosis: -2.5 and below with fragility fractures.

Acceptance of WHO Classification Guidelines

- Osteoporosis Society of Canada
- International Society for Clinical Densitometry
- National Osteoporosis Foundation (United States of America)
- U.S. Preventative Services Task Force

Fracture Risk:

- Osteopenia increases the risk of a fracture two-fold while osteoporosis increases fracture risk four- to five-fold.

The Most Common Osteoporotic-Fracture Sites

Third Most Common

Most Common

Second Most Common


Normal VFA

Osteoporotic fractures seen on VFA
Development of Kyphosis

Fracture Estimates

- After age 50, one in two women and one in four men will have a fracture due to osteoporosis.
Fracture Consequences

- 20% of patients with a hip fracture die within a year of the fracture.
- One year after the fracture, 40% of patients have trouble walking without help.
- 60% have trouble doing necessary ADLs.
- 80% have trouble with some type of activity (IE: driving).
Prevalence of Osteoporosis

- Nationally, ten million people have osteoporosis.
- Thirty four million have osteopenia.
**WV Statistics**

**Gender by Percentage for WV in 200**

- Male: 49%
- Female: 51%

**Population of WV by age in 2008**

- Younger than 65 yo: 84.3%
- 65 yo and Older: 15.7%

**Prevalence of Bone Loss in WV**

Select Osteoporosis Risk Factors for WV residents (Male and Female), 1999

Nutritional Influences

- Crucial Role of:
  - Calcium
  - Vitamin D
  - Other Micronutrients
How Patients Really Get Dietary Calcium

"The doctor said I need more calcium in my diet, so I'm switching from dark chocolate to milk chocolate."

Recommended Daily Intake of Calcium

<table>
<thead>
<tr>
<th>Your body needs calcium.</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>If this is your age,</td>
<td>then you need this much calcium each day (mg).</td>
</tr>
<tr>
<td>0 to 6 months</td>
<td>210</td>
</tr>
<tr>
<td>6 to 12 months</td>
<td>270</td>
</tr>
<tr>
<td>1 to 3 years</td>
<td>500</td>
</tr>
<tr>
<td>4 to 8 years</td>
<td>800</td>
</tr>
<tr>
<td>9 to 18 years</td>
<td>1,300</td>
</tr>
<tr>
<td>18 to 50 years</td>
<td>1,000</td>
</tr>
<tr>
<td>Over 50 years</td>
<td>1,200</td>
</tr>
<tr>
<td>(A cup of milk or fortified orange juice has about 300 mg of calcium)</td>
<td></td>
</tr>
</tbody>
</table>

Calcium Rich Foods

<table>
<thead>
<tr>
<th>Food</th>
<th>Calcium (mg)</th>
<th>% of Daily Value (1000 mg/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ½ ounce cheddar cheese</td>
<td>306</td>
<td>31%</td>
</tr>
<tr>
<td>8 ounces nonfat milk</td>
<td>302</td>
<td>30%</td>
</tr>
<tr>
<td>8 ounces whole milk</td>
<td>291</td>
<td>29%</td>
</tr>
<tr>
<td>2 cups cottage cheese (1% milk fat)</td>
<td>276</td>
<td>28%</td>
</tr>
<tr>
<td>6 ounces calcium fortified orange juice</td>
<td>200-260</td>
<td>20-26%</td>
</tr>
<tr>
<td>½ cup vanilla ice cream</td>
<td>85</td>
<td>8.5%</td>
</tr>
<tr>
<td>½ cup raw broccoli</td>
<td>21</td>
<td>2%</td>
</tr>
</tbody>
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For Pregnancy/Lactation

- During pregnancy and lactation,
  - For those 18 yo and younger: 1300 mg/day
  - For those 19-30 yo: 1000 mg/day
  - For those 31-50 yo: 1000 mg/day
Calcium

- Don’t want to exceed 2000-2500 mg of calcium a day.
- If supplementation needed, the body absorbs about 500-600 mg at a time.
- If on an acid suppressing medication, calcium citrate supplementation a better choice.

Interferences to Calcium Absorption

- Oxalate: Found in foods such as beet greens, spinach, and rhubarb.
- Phytate Sodium: Legumes, 100% wheat bran.
- Excess Protein Intake
- Excess Caffeine Intake
- Excess Phosphorus Intake
- Excess Sodium Intake
Vitamin D

- Ways to obtain:
  - Food
  - Sunlight
  - Supplements/medication

### Foods High in Vitamin D

<table>
<thead>
<tr>
<th>Food</th>
<th>Vitamin D (IU)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz of baked herring</td>
<td>1775</td>
</tr>
<tr>
<td>1 cup orange juice fortified with</td>
<td>259</td>
</tr>
<tr>
<td>calcium and vitamin D</td>
<td></td>
</tr>
<tr>
<td>1 cup nonfat milk</td>
<td>100-241</td>
</tr>
<tr>
<td>3 oz of baked salmon</td>
<td>238</td>
</tr>
</tbody>
</table>
Foods and Vitamin D

- Some cereals and soymilk are fortified with Vitamin D.
- Cheese, ice cream, butter, and most yogurts are not fortified with Vitamin D.

Vitamin D Recommendations

- Adults under age 50: 400-800 IU QD.
- Adults aged 50 and older: 800-1000 IU QD.
- Among experts, the safe upper limit of Vitamin D is debatable. Currently, 2000 IU/day of Vitamin D is thought to be safe.
Vitamin D toxicity

- Other than by taking a prescription dose of Vitamin D, it is felt to be difficult to get too much Vitamin D if the previous recommendations are followed.
- Vitamin D levels can be measured with a 25-hydroxyvitamin D blood test.

Other Nutrients

- Fluoride stimulates bone growth
- Iron, Copper, Vitamin C, Vitamin K, Zinc, and Manganese seem to help in the formation of the bone matrix.
- Magnesium may help in building bone and with calcium processing.
Helpful Internet Resources

- National Institute of Health Osteoporosis and Related Bone Diseases-National Resource Center
  [www.niams.nih.gov/bone](http://www.niams.nih.gov/bone)
- Best Bones Forever

Helpful Internet Resources

- National Osteoporosis Foundation
  [www.nof.org](http://www.nof.org)
- West Virginia Osteoporosis and Arthritis Program
Any Questions?

References


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