

Medical Edge Radio from Mayo Clinic

Height Loss & Osteoporosis

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	AS WE AGE, LOTS OF THINGS HAPPEN TO OUR BODIES. WE LOSE MUSCLE, FLEXIBILITY, AND WE CAN LOSE HEIGHT. IT'S NATURAL TO SHRINK A LITTLE AS YOU AGE. BUT IF YOU LOSE MORE THAN AN INCH OF HEIGHT, IT COULD BE A SIGN OF OSTEOPOROSIS.
Eric Tangalos, M.D. Track 4 (:54)	"OSTEOPOROSIS IS AN OLDER PERSON'S DISEASE."
	AND NOT JUST FOR WOMEN, SAYS MAYO CLINIC DR. ERIC TANGALOS. OLDER MEN CAN SUFFER THE SAME CONSEQUENCES.

	<p>OSTEOPOROSIS DEPLETES YOUR BONES OF CALCIUM, MAKING THEM SUSCEPTIBLE TO BREAKS.</p>
<p>Dr. Tangalos Track 4 (2:04)</p>	<p>“THERE’S A VICIOUS CYCLE THAT TAKES PLACE. OLDER PEOPLE TEND TO MOVE ABOUT LESS. WHEN THEY HAVE PARTICULAR MEDICAL PROBLEMS, THEY TAKE TO THEIR BED, AND IN SO DOING, WE MAKE OURSELVES WORSE.”</p>
	<p>TO HELP PREVENT OSTEOPOROSIS IT’S IMPORTANT TO KEEP YOUR WEIGHT DOWN... EAT A HEALTHY DIET WITH ENOUGH CALCIUM AND VITAMIN D... AND TO EXERCISE, WHEREVER AND HOWEVER YOU CAN.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>

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