

# ASHBY ADVISOR

Twentieth edition  
May 2007

Time for the May newsletter. So, MAY we begin?

## - Booster Seats

First, from Dr. Arthur Croft, one of the premier researchers on motor vehicle trauma:

Booster seats for kids – a recent study showed that high back booster seats reduced injuries by 70% while backless boosters fared no better than seat belts - which have been found to be deadly for kids (by the way, the NHTSA website from the federal government lists both of these as equally effective.) Not true, according to this latest study. Parents beware.

## - Bone Health

There is always controversy with every type of treatment for every condition of the human body. And, since there seems to be an epidemic of osteoporosis brewing, I thought we could spend this month on an apparently controversial topic among various types of health care practitioners. So here goes...

- The National Osteoporosis Foundation data states that 1 in 2 women and 1 in 4 men over the age of 50 will have an osteoporosis related fracture in their remaining life and osteoporosis is responsible for 1.5 million fractures per year in the U.S.
- Prior to the 1982 Premarin campaign of ads for Osteoporosis and hormones, 77% of women had never heard of osteoporosis.
- The gold standard for detecting osteoporosis became the bone mineral density (BMD) test using the DEXA machine to measure it.
- Several large studies found the BMD testing does not identify women who will later have a fracture. Body weight may be more important than BMD and family history is also very important in predicting fractures.
- Drugs such as Fosamox and Actonel reduce fractures 30-50% in people with high risk of fracture (I don't know how they determined who was high risk). These drugs work by halting bone breakdown by 90%. They also halt bone formation by almost that much.

Geesh this gets confusing. By the way, if you carry more fat (helping estrogen) it helps bone mass but that causes other problems obviously if you carry too much.

So, what can you do? Unbelievably, it all boils down to the same mantra I've discussed in this newsletter before. So here it goes.

- Moderate exercise (weight bearing exercise such as walking.) Swimming and biking don't help.
- Eating your veggies and limiting alcohol consumption and caffeine to less than 300mg/day.
- Don't go on starvation diets to lose weight.
- Don't smoke
- Add more Vitamin D to your diet. Of the 19 key nutrients identified by the Osteoporosis Educational Project, Vitamin D was the most important. If you're low in D you absorb 65% less calcium. Recommended D intake is 800- 2500 IU's daily.

By the way countries with the highest rate of dairy consumption also have the lowest BMD and highest rate of hip fracture. Go figure.

See you next month!

- For a list of the 19 key nutrients for bone health go to "betterbones.com" and click on "better bones nutrition charts."

Quote of the advisor... "The average human heart beats 100,000 times a day. Make those beats count."