

GREATER BONE DENSITY WITH VITAMIN C

According to recent research, vitamin C is associated with reduced bone loss in older men. This is an important finding for seniors looking for an effective and inexpensive way to contribute to their bone health. When researchers measured the bone mineral density (BMD) of 344 men and 540 women (average age 75) in the Framingham Osteoporosis study, they found that total and supplemental vitamin C intakes positively affected the BMD of the hipbones. Among men with low intakes of vitamin E or calcium, high vitamin C intake was associated with less bone loss, which suggests that it may help correct for generally poorer diets. Men who saw protection from bone loss took about 250 milligrams of vitamin C daily.

Insufficient vitamin C can contribute to bone loss in the hips, which can lead to osteoporosis. This condition usually causes no symptoms until far advanced. Affected bones, especially in the hips, wrist, or spine are more likely to break or fracture following relatively minor trauma. Serving older adults in the Quaker tradition, Barclay Friends provides seniors with the highest professional and humanitarian standards of care. As specialists in rehabilitation, we offer physical therapy for those recovering from hip surgery. We are now certified by the National Alliance of Wound Care (NAWC) for excellence in wound care. Please call us at 610-696-5211 to schedule a visit. We are located at 700 N. Franklin St.

P.S. The study mentioned above noted no significant effects of vitamin C intake on bone loss in women.