

骨質疏鬆



每年有超過 150 萬件因骨質疏鬆引起的骨折病例，其中包括 30 萬件腕部骨折、約 70 萬件脊椎骨折、25 萬件腕部骨折，其他部位骨折也超過 30 萬件。*

您在關心自己的身體健康時，恐怕不會注意到骨質健康。不過，預防骨質疏鬆以保持骨質健康並降低骨折風險，是您一生中各個階段都非常重要的課題，尤其隨年齡增長時更應注意。下列重要資訊可以助您一臂之力。

什麼是骨質疏鬆？

骨質疏鬆是一種讓骨骼變得脆弱而且容易斷裂的疾病，而且不會出現任何病症來警告您。最早出現的徵兆通常就是骨折，不過在此之前您的骨骼就已經變得脆弱了。骨折最常發生在髖部、脊椎和腕部。脊椎骨折會造成駝背、變矮及慢性背痛。骨質疏鬆最嚴重的後果是髖部骨折，可能導致永久殘疾，甚至死亡。您年紀大時可以採取保護骨骼的措施，其中包括有大量鈣質與維生素 D 的優質飲食、規律運動的計畫、健康的生活方式以及視需要而透過藥物治療。

下列因素會增加您罹患骨質疏鬆與骨折的機會：

- 女性
- 年齡增長 (50 歲以上)
- 體重輕
- 更年期或在更年期前切除兩個卵巢 (導致雌激素變少)
- 成年後曾經骨折
- 近親成年後曾經骨折
- 長期鈣質攝取量低
- 體能活動量不足
- 現在有吸菸
- 酗酒
- 使用某些藥物，例如類固醇與抗凝血劑
- 曾患有因性厭食症

風險因素

很多人的身體不易消化奶類產品。這稱為乳質不耐症。如果您有乳質不耐症，下列幾點可能會有幫助：

- 一天當中分多次少量食用乳製品
- 食用更多不含乳品但含鈣量豐富的食品
- 服用鈣補充品
- 服用乳質分解酵素片，可以讓乳類產品更容易消化

- 杏仁
- 花椰菜
- 加鈣柳橙汁
- 加鈣豆漿
- 加鈣米
- 含骨沙丁魚罐頭
- 含骨鮭魚罐頭
- 深綠色葉菜
- 牛奶、優格、起司、冰淇淋

您需要鈣質幫助您保持一生的骨骼健康與強健。未滿 50 歲的成年女性每天需要 1,000 毫克的鈣質；年滿 50 歲以後則每天需要 1,200 毫克的鈣質。許多飲食的鈣含量都偏低。以下列舉一些富含鈣的食物：

鈣質與維生素 D

Osteoporosis



Osteoporosis is responsible for more than 1.5 million fractures annually, including 300,000 hip fractures, approximately 700,000 vertebral fractures, 250,000 wrist fractures, and more than 300,000 fractures at other sites.*

When you think about your health, you probably don't think about your bones. But keeping your bones healthy and reducing your risk of fractures by preventing osteoporosis is very important throughout life and especially as you get older. Here's some important information to help you.

What is osteoporosis?

Osteoporosis is a disease that makes bones fragile and more likely to break. There are no symptoms to warn you. The first sign is usually a fracture that occurs after your bones have already become fragile. Fractures occur most often in the hip, spine and wrist. Spinal fractures cause stooped posture, loss of height and chronic back pain. Hip fractures, the most serious consequence of osteoporosis, can result in permanent disability and even death. You can take steps to protect your bones in your older years. These include a good diet with plenty of calcium and vitamin D, a regular exercise program, a healthy lifestyle and, sometimes, medication.

Risk factors

Factors that increase your chances of having osteoporosis and fractures include:

- Being female
- Being older (50+ years)
- Low body weight
- Menopause or surgery to remove both ovaries prior to menopause (resulting in lower levels of the hormone estrogen)
- History of fractures as an adult

- Close relative with history of fractures as an adult
- Long-term low calcium intake
- Inadequate physical activity
- Current cigarette smoking
- Alcoholism
- Use of certain medications such as corticosteroids and anticonvulsants
- History of anorexia nervosa

Calcium and Vitamin D

You need calcium to help maintain healthy, strong bones throughout your life. Adult women under age 50 need 1,000 mg of calcium every day. Over age 50, they need 1,200 mg of calcium every day. Many diets are low in calcium. Examples of foods that contain calcium include:

- Almonds
- Broccoli
- Calcium-fortified orange juice
- Calcium-fortified soy milk
- Calcium-fortified rice
- Canned sardines with bones
- Canned salmon with bones
- Dark green leafy vegetables
- Milk, yogurt, cheese, ice cream

Many people have trouble digesting milk products. This is called lactose intolerance. If you are lactose intolerant, here are some things you can do:

- Eat dairy foods in small amounts spread out over the day
- Eat more nondairy, calcium-rich foods
- Take calcium supplements
- Use lactase pills, which make milk products more digestible



Vitamin D helps your body absorb calcium. You need 400-800 IU of vitamin D every day. Most people get enough vitamin D from such sources as:

- 15 minutes of exposure to sunlight
- Egg yolks
- Saltwater fish
- Fortified dairy products
- Vitamin and mineral supplements

Exercise

Physical activity is also important to prevent osteoporosis and reduce falls that can result in fractures. Weight-bearing exercises can help you maintain strong bones. Examples include:

- Walking
- Climbing stairs
- Dancing
- Lifting weights

Other kinds of exercise will help you increase your flexibility and improve your balance to prevent falls. Examples include:

- Bike riding
- Swimming
- Yoga

Talk to your doctor about an exercise program that is safe for you. If you have low bone density or osteoporosis, you should protect your spine by avoiding exercises and activities that flex, bend or twist your spine.

A healthy lifestyle

Smoking and drinking too much alcohol are bad for bones. To protect your bones, do not smoke, and if you drink alcoholic beverages, do so in moderation.

For more information about UnitedHealthcare's Asian American Markets, please visit www.uhcasian.com.



Sources: Adapted from National Institutes of Health.

*http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/default.asp. UnitedHealthcare is not affiliated with this Web site.

This information was prepared solely for general educational purposes. If you have specific questions about the topic(s) featured in this flier or about other health conditions, see your doctor.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by UnitedHealthcare Insurance Company, United HealthCare Services, Inc. or their affiliates.

維生素 D 可幫助人體吸收鈣質。您每天需要 400-800 IU 的維生素 D。大多數人可以從下列來源獲得足夠的維生素 D：

- 在陽光下曬 15 分鐘
- 蛋黃
- 海水魚
- 營養強化的乳製品
- 維生素與礦物質補充品

運動

體能運動也很重要，能預防會導致骨折的骨質鬆與跌倒。負重運動有助於保持骨骼強健。例如：

- 走路
- 爬樓梯
- 舞蹈
- 舉重

其他類型的運動能幫助您增加身體柔軟度並改善平衡感，避免跌倒。例如：

- 騎腳踏車
- 游泳
- 瑜珈

請與醫師討論適合您的安全運動計畫。如果您的骨質密度低或骨質疏鬆，應避免屈曲、折彎或扭轉脊椎的運動與活動，保護您的脊椎。

健康的生活方式

吸菸及飲酒過量對骨骼都有不好的影響。要保護您的骨骼，請勿吸菸；如果您飲用含酒精飲料，請適量。

欲查詢有關 UnitedHealthcare 亞裔市場部的詳細資訊，請上網 www.uhcasian.com。



資料來源：改寫自美國國家衛生研究院。

*http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/default.asp。UnitedHealthcare 與上述網站並無關聯。

本資訊僅供一般教育之用。如果您有關於本傳單專題或其他健康病況的特定疑問，請向醫師諮詢。

保險承保是由 UnitedHealthcare Insurance Company 或其關係企業提供。