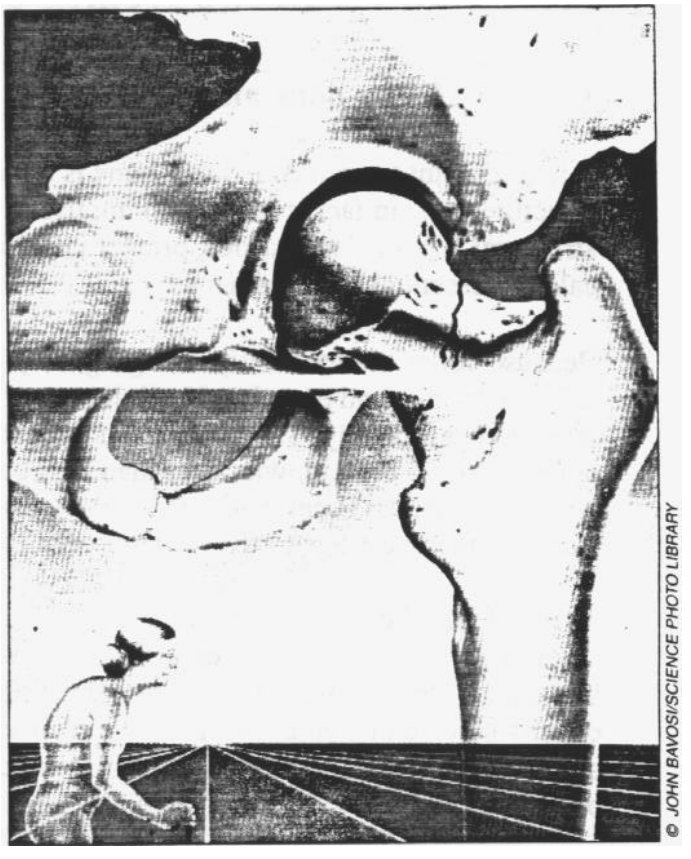
TEST DETECTS EARLY BONE LOSS

We're pleased to introduce a new quarterly feature at Nutrition Science News. In keeping with our continuing goal of updating you on recent developments in the natural medicine marketplace this month we'll begin broadening our focus to include innovative laboratory tests that directly impact nutrition knowledge. The lab can be an important part of complementary medicine-helping to pinpoint nutritional insufficiencies, toxic excesses and ocher conditions that are difficult to identify. Information about the latest developments in this field will help to assist your customers when they ask, "How do I know I need this?" We welcome your comments and suggestions on this new feature.



by Dan Lukaczer, N.D.

More than 50 percent of U.S. women age 30 to 40 are at risk of developing bone fractures due to osteoporosis as they age. Once a woman suffers a fracture due to osteoporosis (more than a million such fractures occur each year), she may never fully recover. Statistics show that half the women sustaining hip fractures are unable to walk independently afterward. 1

Although osteoporosis is generally considered a condition of the elderly, it often starts during puberty. Sadly, it may be more appropriate to think of it as a childhood disease. Certainly, osteoporosis is a disease that, if it is to be avoided, must be addressed by women before they reach their 70s or 80s!

Osteoporosis is a preventable condition. Its prevention hinges on two factors: educating women about the importance of developing maximal bone mass before menopause; and identifying individuals who are at increased risk for osteoporosis and need aggressive preventive treatments.

Until recently, bone-loss diagnosis depended solely on specialized X-rays, called dual photon absorbtiometry, sensitive enough to recognize reduced bone mass. 2 Before this technology became available, diagnosis was simple yet fairly useless-usually made only after an elderly woman fell and broke her hip. Standard X-rays were little better in this regard. Although they can readily detect breaks, they are too "gross" a measurement to pick up demineralization (bone loss). Unfortunately, even dual photon absorbtiometry is limited, since a significant amount of bone must be missing to diagnose bone loss. Such a diagnosis is still too late.

Women need a test that can predict bone loss rate and their risk of developing osteoporosis. Such a test could identify women in their 30s and 40s who are losing bone mass faster than their peers and therefore require rapid treatment.

The Body's Early Warning

Bone is a living, dynamic tissue that normally goes through a constant remodeling process in which old bone is dissolved and new bone is formed. As old bone dis-

Calcium Citrate: the most absorbable calcium source

Natural Sources		What This Mineral Does:	Dosage And Usage	
almonds	salmon	Participates in metabolic functions necessary for normal activity of nervous, muscular and skeletal systems.	Age	RDA
brazil nuts	sardines		O-6 months	360 mg
caviar	shrimp		6-12 months	540 mg
cheese	soybeans	• Plays important role in normal heart function, kidney function, blood clotting and blood-vessel integrity.	1-10 years	800 mg
kelp	tofu		11-18 years	1000 mg
milk	turnip greens		18+ years	800 mg
milk products	yougurt	• Helps body use vitamin B-12.	pregnant	1200mg
molasses			lactating	1200mg

Source: Complete Guide To Vitamins, Minerals & Supplements, by H. Winter Griffith, M.D., Fisher Books, 1988