

Osteoporosis

The Importance of Optimizing Bone Health in Children

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What is Osteoporosis?

“Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue, which can lead to increased risk of fracture.

Bone deterioration can occur over a number of years without any symptoms. By the time affected bones break or fracture, the disease is already fairly advanced and less treatable.”

- Osteoporosis Canada

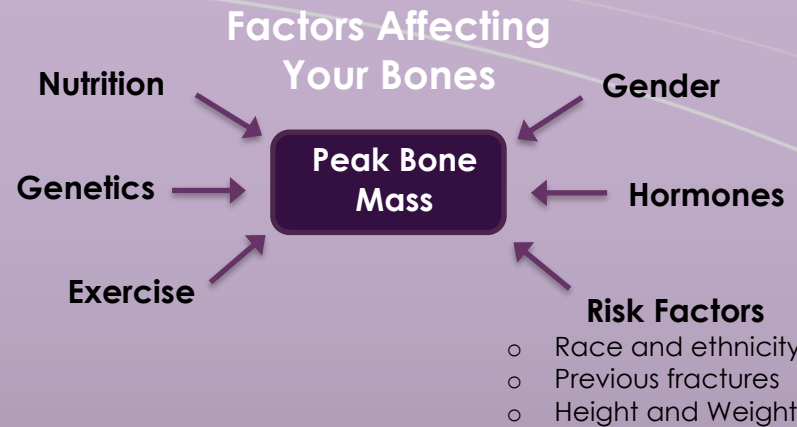
“Osteoporosis is a paediatric disease with geriatric consequences!”

Talking to Your Child's Doctor



Talk to your doctor about the risk of developing osteoporosis if your child has:

- Diabetes
- Celiac Disease
- Crohn's Disease
- Rheumatoid Arthritis
- Hyperthyroidism
- Ulcerative Colitis
- Epilepsy
- Depression

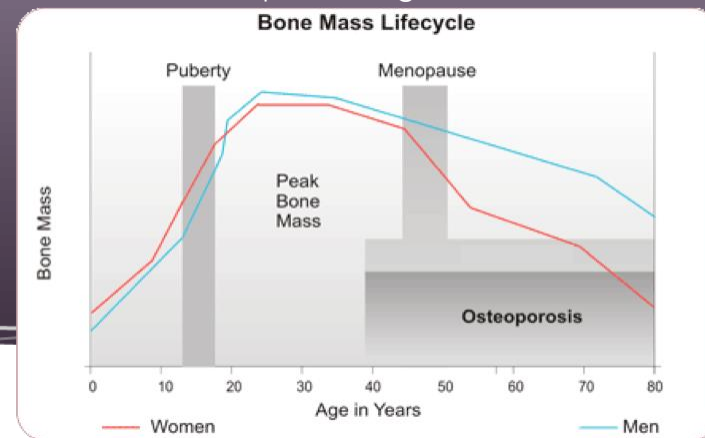


Developing Optimal Bone Density Early On

Did you know:

- 40% of total adult bone mass is accumulated between the age of 11-14 for females and 13-17 for males

Since total bone density decreases with age, the best way to reduce the risk of future fractures is by maximizing bone mass during developmental ages. This will reduce the impact of age related bone loss.



(Osteotide 2015)

Exercise for Osteoporosis Prevention

Consider the CSEP *Canadian Physical Activity Guidelines* when deciding if your child is getting enough exercise.

Infants <1 year

Floor based play several times per day

Toddlers 1-2 years and Preschoolers 3-4 years

180 minutes of physical activity throughout the day

Children 5-11 years and Youth 12-17

60 minutes of moderate-vigorous activity daily

- Vigorous activities 3x/week: running or swimming
- Bone and muscle strengthening 3x/week

What exercises should my child do?

- Weight-bearing → running and jumping
- Strength training
- Core strength
- Posture training
- Balance training
- Stretching

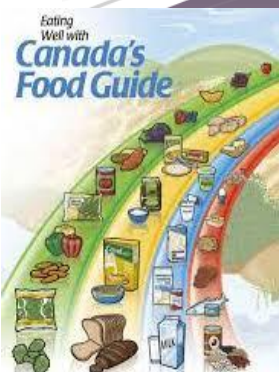


Most importantly have fun!

The Importance of Nutrition

Consult Canada's Food Guide to ensure your child is receiving proper nutrition.

It is important that your child receives adequate protein, calcium and Vitamin D, among other nutrients, in order to reduce the risk of osteoporosis.



Effects of Eating Disorders on Bone Health

Teenagers with anorexia may have difficulties attaining optimal peak bone mass. This may lead to an increased risk of developing osteoporosis later in life.

If you feel that your child is dealing with anorexia and/or poor body image, it is important to seek help. More information is provided at the National Eating Disorder Information Center:

www.nedic.ca

1-866-633-4220

	Protein (g/day)	Calcium (mg/day)	Vitamin D (IU/day)
Infants 0-6 months	--	200	400
Infants 6-12 months	--	260	400
Children 1-3 years	13	700	600
Children 4-8 years	19	1000	600
Children 9-13 years	34	1300	600
Children 14-18 years	Girls: 46 Boys: 52	1300	600
Example Sources	Poultry, fish and nuts	Milk, cheese and green vegetables	Sunlight, oily fish and egg yolks