

Your Aging Joints

A guide to bone and joint health through the stages of life.



Beaufort Memorial

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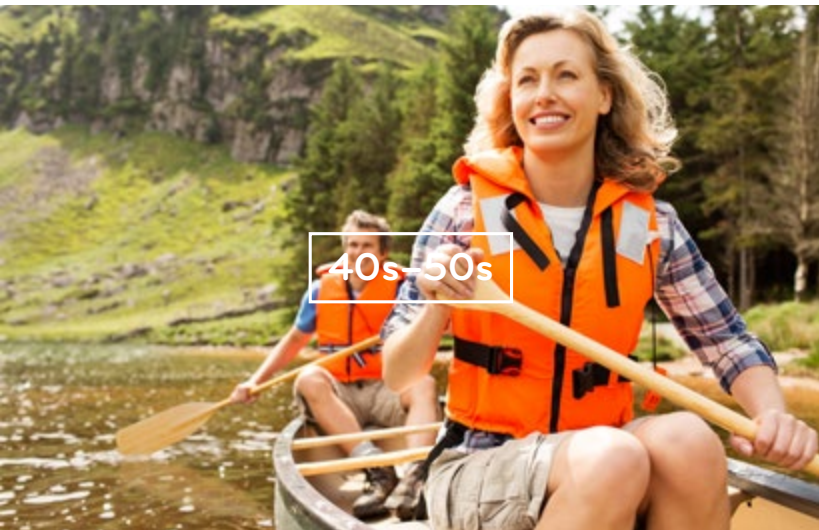


20s-30s

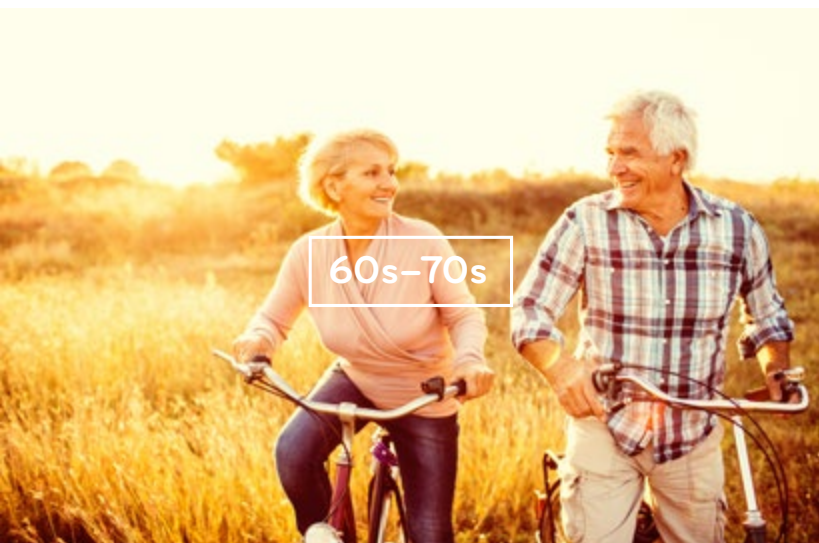
Time is no friend to your bones and joints.

Years of stepping, lifting, running and carrying slowly erode your body's structural integrity and smooth movement. But how quickly—and early—the damage occurs is, in some ways, up to you.

While you can't safeguard bones and joints from injury or disease, you can dramatically reduce the effects of aging with subtle lifestyle tweaks. The secret? **Maintaining bone and joint health starts when you're young.**



40s-50s



60s-70s

 **SELECT AN AGE GROUP**

BONES & JOINTS IN THE

20s-30s

BONES & JOINTS IN THE

20s–30s



You're an independent adult and on top of the world. While in your physical prime, your joint and bone health are likely at all-time highs your body will never see again. Yet thinning and wear have already begun.

What's Changing?

- Bones and muscle tone start to degrade.
- Cartilage and tendons begin to lose resiliency.
- Persistent aches and pains can lead to arthritis later.
- Injury or overuse are common youthful troubles.

AMERICANS & SODIUM

1,500 ↔ 3,000
MG PER DAY MG PER DAY

RECOMMENDED

REALITY

Childhood and adolescence are particularly valuable times to improve bone mass through exercise.

INTERNATIONAL OSTEOPOROSIS FOUNDATION

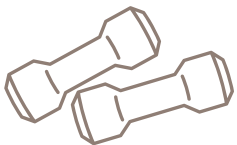
Build Better Health Now



- » **Aim to consume up to 1000mg of calcium every day.** A glass of milk here, a yogurt there gives bones strength and durability. Hate dairy? Lactose intolerant? Try alternative dairy products and food groups for calcium-packed meals.
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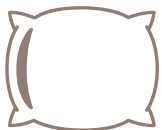
- » **Pass on salt.** Sodium amplifies calcium loss so for every milligram of salt you add subtract five to ten mg of calcium, too.
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- » **Practice regular aerobic, weight-bearing exercise.** Jog, dance, run or walk for 30 to 60 minutes most days of the week. For even bigger benefits, add strength training or weightlifting two or three times per week.
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- » **Eat cold-water fish such as salmon, halibut or white tuna.** Researchers believe fish oil helps stave off cartilage degeneration and can reduce factors that cause inflammation.
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- » **Rest if you experience joint pain.** Slow down and allow your body adequate time to heal.
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“Bone health is like a bank account. If you make deposits while you’re young, your body will be wealthy with strong, dense bones going forward.”

DR. LELAND C. STODDARD, JR.

Have joint pain?

SELECT ANOTHER AGE GROUP 

BONES & JOINTS IN THE

40s-50s

BONES & JOINTS IN THE 40s–50s



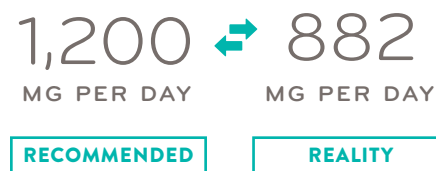
Careers and families are very demanding. Though putting your health on the back burner is easy — don't do it. Strong mental and physical health can help you trump many risks that accompany aging.

During the 50s, joint related issues often peak and never recede. The good news? If you've been active throughout your life, your bones, joint and muscles should be solid performers throughout your 50s and beyond.

What's Changing?

- Arthritis, tendonitis and bursitis are common.
- Joints lose flexibility and fluid while attracting painful mineral deposits.
- Hips and knees may start to lose calcium.
- Gout, osteoarthritis and rheumatoid arthritis become very common.
- Menopause accelerates bone loss in women.

WOMEN & CALCIUM



About one in two women and up to one in four men over the age of 50 will break a bone due to osteoporosis.

NATIONAL OSTEOPOROSIS FOUNDATION

Build Better Health Now



» **It's never too late.** Healthy habits that begin in midlife are still good. Maintaining a healthy weight, eating well and exercising can delay troubles such as gout, arthritis and joint pain.



» **See your doctor.** Get a check-up at least every other year and stay on top of any recommended, age-based screenings.



» **Stay active.** Get at least 30 minutes of moderate activity on most days of the week. Walking, dancing, swimming and cycling are good activities that get your heart pumping and keep your joints moving.



» **Keep up with changing calcium needs.** Consume 1200 mg (women age 50+) or 1000 mg (men) daily. Off the mark? Adjust your diet or add a supplement.



» **Bone up on family history.** Osteoporosis screenings usually don't begin until age 65. If you're a smoker, drink more than three alcohol drinks daily, or have a family history of low-impact fractures, talk to your doctor about the merits of earlier bone density screening.



“A trip to the grocery store is a great measuring stick. If you can't get through it without pain, that indicates above-average trouble.”

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DR. EDWARD BLOCKER

Have joint pain?

SELECT ANOTHER AGE GROUP 

BONES & JOINTS IN THE

60s-70s

BONES & JOINTS IN THE

60s-70s



Retirement is a new beginning for many seniors. Whether trading in the daily grind for world travel or the quiet of a seaside retreat, it's important to stay active — and maintain a healthy dose of caution.

What's Changing?

- Osteoporosis is a great risk for women 60+ and men 70+.
- Some form of arthritis affects most adults age 60 and up.
- Risk of wrist and spine fracture markedly increases.
- Further weakening of cartilage and tendons occurs.
- Muscle mass loss compromises strength.
- Fall risk dramatically increases.

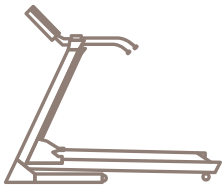
AMERICANS & OSTEOPOROSIS



Women lose up to 30% of their total bone mass between maturity and age 70.

PUBLIC HEALTH FOUNDATION ENTERPRISES, 4BONEHEALTH.ORG

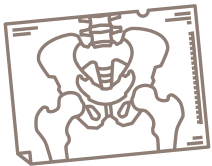
Build Better Health Now



» **Add focus.** Incorporate back, balance and agility strengthening exercises to your standard exercise routine. If you don't exercise, start! To be safe, get help from a professional, certified trainer and your physician's blessing, too.



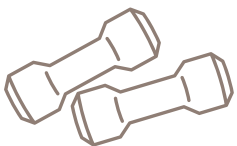
» **Check your height.** If you have an inch or more of height loss in-between annual measurements, let your doctor know.



» **Measure bone density.** By the time they're 65, women should have a bone density study.



» **Limit salt intake.** Remember that extra sodium or foods high in salt increase already-declining levels of calcium in the body.



» **Bear to build.** Keep weight-bearing exercise part of your routine. Walking, running, dancing and even housework or lawn maintenance help bones stay strong. Unsteady on your feet? Try swimming or yoga to stay active.



“The more sedentary and less active you become has extensive ramifications on both your orthopaedic and overall health.”

.....
DR. KEVIN JONES

Have joint pain?

SELECT ANOTHER AGE GROUP 



The Lowcountry Leader

Today's highly targeted and effective treatments mean you don't have to live with painful bone or joint problems. Turn to Beaufort Memorial for a full range of orthopaedic care services.

Access everything from a team of specially trained joint pain and orthopaedic specialists to a highly accredited Joint Replacement Center that's focused on positive patient experiences and excellent clinical outcomes.



To learn more, please contact our Orthopaedic Care Coordinator Andrea Sadler, PT.

(855) 336-0435



Beaufort Memorial



SOURCES

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th edition, Washington, DC: U.S. Government Printing Office; 2010.
2. Centers for Disease Control and Prevention. Sodium intake among adults—United States, 2005–2006. MMWR. 2010 Jun 25;59(24):746–9.
3. Hoy MK, Goldman JD. Calcium intake of the U.S. population: What We Eat in America, NHANES 2009-2010. Food Surveys Research Group Dietary Data Brief No. 13. September 2014.
4. National Osteoporosis Foundation, www.nof.org (2011)