

WOMEN'S VU

May, 1986

A publication of Vanderbilt University Women's Center

VIII:9

More on Osteoporosis

In February, Women's VU ran a brief article on Osteoporosis --aging brittle bones--which affects 8 times more women than men. In response, Sandy Stahl sent us a brochure by Carol Beck, TSU-UT professor in nutrition and health, part of which we include in the following article.

"You may look and feel fine, but your chance of developing osteoporosis is influenced by health habits you are now following whether you are a teenager, a young woman or a woman past menopause. The factors which lead to the development of this crippling disease can start as early as infancy. Reducing your chances of developing osteoporosis as you grow older dependent on your understanding of the disease and developing a lifestyle to reduce the risk factors associated with it."

Some signs of osteoporosis are back pain, a broken bone from a fall, getting shorter as you grow older, and humped shoulders. Below are some risk factors for osteoporosis involving both heredity and lifestyle. Check those that apply to you:

1. I am female.
2. I have experienced menopause.
3. I have elderly relatives who have suffered fractures, especially fractures of the hip.
4. I am of British, Northern European, Chinese or Japanese heritage.
5. I have a slight or small build.
6. I am thin for my height.
7. I have never been pregnant.
8. I smoke.
9. I rarely exercise.

10. I rarely eat calcium-rich foods.

The more statements you checked, the more likely you are to eventually develop osteoporosis. Prevention through lifestyle concerns (numbers 8, 9, and 10 above) is in your control.

Exercise affects bone growth in 3 major ways: 1) it places physical stress on bones stimulating an increase in bone mass; 2) it increases the amount of bone-building nutrients by increasing the flow of blood to the bones; 3) it alters hormone levels, resulting in increased bone mass.

Calcium, a major ingredient of bones, needs to be continually ingested to replace bone calcium which has broken down. Calcium in supplements is not

usually absorbed by your body as well as calcium in food. Food supplies other nutrients such as Vitamin D along with the calcium, helping your body to absorb the nutrient.

Calcium-rich foods include ice cream shakes, collard greens, macaroni and cheese, yogurt, sardines, pudding, tofu, eggnog, flour, and milk. Foods which reduce the amount of calcium the body can absorb are red meats and carbonated soft drinks. Try to eat these foods at different times from the calcium-rich foods.

For more information on osteoporosis, call Ivola Dement at the Agricultural Extension Office, 259-6467, and ask for the brochure "Especially for Women: Beautiful Bones." Free.

Because May 11 is Mother's Day: A Mother's Bill of Rights



I have the right to decide when to become a mother.

I have the right to adequate prenatal care and medical care at delivery for my child and myself.

I have the right to make a home safe and free from violence directed toward me or my children.

I have the right to the opportunity to earn a living that will keep me and my children out of poverty.

I have the right to safe and affordable child care services for my children when I am not able to care for them myself.

I have the right to be respected for the tremendous responsibility I have accepted in motherhood and the contribution I make to this community by raising my children.

I have the right to be recognized as a person in my own right with my personal talents, dreams and needs in addition to my role as mother and homemaker.

I have the right to an active, productive and rewarding life and to make my own choices about how I will live.

I have the right to be fully recognized and equally protected as a person under the laws of this country.

I have the right to raise my children in a world free from the threat of nuclear war.

I have the right to sing the blues.

I have the right to (fill in your own priority) _____

YWCA Public Affairs Comm.

ANNOUNCEMENTS ET CETERA

Vanderbilt Employee Mammogram Screening Program sponsored by Occupational Health Service and the Radiology Department for all female employees over age 34. Program continues through July 14. Employee cost is \$40, a savings of almost \$100 over usual costs for this procedure. The American Cancer Society recommends a baseline mammogram screening between age 35-40, every two years from 40-50, and annually thereafter. Call 322-2692 for information and scheduling.

Business and Personal Financial Planning seminar by Dr. Emily Card, financial writer for MS magazine and hostess of a national cable television show on financial advice for women. Seminar is Wednesday, June 11, 6-8p.m., reception 5-6p.m., HCA auditorium. Sponsored by CABLE, free for members, \$10 for others. Call Connie Clark at 244-5200 before June 6 for reservation.

Two FREE tip sheets available from the Women's Center: "Tips on Tipping," including "How much? A Tipping Guide," and "Safety Tips" for children from the Adam Walsh Child Resource Center. For copies call 322-4843.

The Women's Center Library is missing the following issues of MS Magazine: December 1985, January, February, and March 1986. If you have personal copies to donate to the library, please call 322-4843 for arrangements. Thank you.

Female Sexuality Workshop to address human sexuality and general sexual issues for women: anatomy, response cycles, aging, difficulties, etc. June 2, 9, 16, 6-8p.m. \$25. Call 385-9805.

Rape and Sexual Abuse Center needs volunteers to staff crisis line and to accompany victims to the hospital. Training provided. Call 352-1716 for details.

"Playing in the Park" at Centennial Park Sunday, May 18. A family music and fun event to "say NO to alcohol and drugs" by providing things to say YES to. Near the bandshell 2-5p.m., music, Frisbee exhibition, free ice cream, t-shirts, etc.

The National Women's Music Festival is May 30 - June 1 in Bloomington, IN (P.O. Box 5217, zip 47402); (317) 637-4938.

Annual Nashville Women Sing for Choice concert on Saturday May 24, 8p.m., at Music Row Showcase, a benefit for abortion rights sponsored by TKALS, Tennesseans Keeping Abortion Legal and Safe. Tickets \$10 at Cat's West End; reserved seats available through TKALS office, 297-8540.

Nashville Women's Health Conference May 30, 8a.m.-3:30p.m. Opryland Hotel. Dr. Joyce Brothers, keynote speaker. Self-esteem, stress management, breast diseases, osteoporosis, premenstrual syndromw, weight management, increasing your own level of well-being, etc. \$25. Call 868-4761 by May 16.

What A Woman!

Washington provides mixed evidence that business is coming to recognize equality of the sexes. The Greater Washington Board of Trade has decided to honor Louise Lynch, president of a local travel and telephone-answering business, at a black-tie dinner next month, but the title they will bestow on her is 1986 Man of the Years.

--NY Times 4/30/86

Edited by Joan Anderson

TO RECEIVE YOUR OWN LABELED COPY OF WOMEN'S VU return the form below or call the Women's Center, 322-4843, to place your name on the mailing list.

Monthly newsletters, excluding July and August, are sent to all students free. For non-student, off-campus addresses there is a \$3.00 fee for one year. Please make checks payable to Vanderbilt University Women's Center.

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Note: April, May, and June issues will be only two pages of copy due to increases in printing charges during this academic year. In Sept. we will go back to a four-page format.

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