

# CALCI-YUM!

The facts and details you need to know about calcium supplementation

Calcium is the most abundant mineral in the human body

## What does it do?

- Supports the structure of bone and teeth
- Calcium is also needed for the heart, muscles, and nerves to function properly

## What happens if I don't get enough?

- 99% of calcium is stored in bones and teeth
- When calcium intake is lower than what the body needs, calcium in the skeleton is used to meet these needs
- Over time this leads to osteoporosis

## Osteoporosis (porous bone):

- Characterized by low bone mass and deterioration of bone structure. This leads to weak bones that can break from minor injury. There are no symptoms of osteoporosis until it is too late – you don't feel your bones getting weaker

- This is NOT a natural part of aging!

## Who does this affect?

- All races, sexes and ages are susceptible to osteoporosis (although some people are at higher risk – see below)
- Yes, both sexes can be affected, not just women! While 8 million women have osteoporosis, 2 million men do too
- 1/2 of women 1/4 men over 50 experience osteoporosis-related fracture
- Prolonged use of some drugs can also cause bone loss that may lead to osteoporosis; these drugs include:
  - Corticosteroids (ex. Prednisone)
  - Aluminum or magnesium antacids
  - Stimulant laxatives
  - Phenytoin
  - Phenobarbital

## Risk factors for osteoporosis:

- Female gender
- Thin body frame
- Sedentary lifestyle
- Advanced age
- Excessive alcohol intake
- Smoking

## Osteoporosis is preventable!

### How much calcium do you need?

#### Adequate Intake

(As determined by the Institute of Medicine)

Male and Female Age	Calcium (mg/day)	Pregnancy & Lactation
0 to 6 months	210	N/A
7 to 12 months	270	N/A
1 to 3 years	500	N/A
4 to 8 years	800	N/A
9 to 13 years	1300	N/A
14 to 18 years	1300	1300
<b>19 to 50 years</b>	<b>1000</b>	<b>1000</b>
51+ years	1200	N/A

#### Food sources high in calcium:

- Milk, yogurt, cheese, broccoli, Chinese cabbage, and kale
- However, surveys show many people obtain less than 1/2 of the suggested amount of calcium

## Supplements carried at Campus Health:

### Viactiv -

- Contains 500 mg calcium, 200 IU vitamin D, 40 mcg vitamin K per chew
- Available in great flavors such as: milk chocolate, mint chocolate, caramel, and raspberry
- Cost (subject to change) \$8.59 for 60 chews

### Calcium with vitamin D tablets –

- Contains 600 mg calcium, 200 IU vitamin D per tablet
- Cost (subject to change) \$2.95 for 60 tablets

#### How to take:

- To maximize calcium absorption:
  - Take 500 mg (or less) per dose
  - Take with food
- Vitamin D helps with calcium absorption - it is included in many supplements; your skin also makes it from the sun

### It is also important to engage in weight bearing exercise

Examples include:

- Walking
- Dancing
- Jogging
- Aerobics
- Boxing....

### Precautions:

- Side effects:
  - Stomach upset ~ if this occurs begin with 500 mg daily then increase dose to recommended amount over time (ex. 1 week)
  - Constipation ~ if this occurs increase water intake to 6-8 cups per day
- More isn't always better – total calcium intake should be less than 2500 mg/day (symptoms of chronic excessive calcium intake may include frequent urination, increased thirst, nausea, muscle weakness, confusion and mental changes)
- Vitamin D, found in some supplements is a fat soluble vitamin, taking too much can cause an unsafe accumulation that may cause too much calcium absorption
- Verify all other components in the supplement are okay for you to take (i.e. Vitamin K in some supplements are not recommended for people with blood clotting disorders)
- Calcium can interact with drugs such as:
  - Digoxin
  - Tetracycline antibiotics (including doxycycline and minocycline)
  - Fluoroquinolone antibiotics (like ciprofloxacin and levofloxacin)
  - And others ~ ask a pharmacist if your medications interact