

Physiotherapy Newsletter

November – Diabetes Awareness and Osteoporosis Month

Diabetes and Osteoporosis are two conditions that affect millions of people without prejudice to age or gender. This month we have enlisted the help of the Nutritionists from our sister company, Kingston Body Management (KBM), in providing tips and hints in relation to managing both conditions. Our Occupational Therapists have also provided information with respect to the role they can play in helping people manage osteoporosis.

Diabetes: The following Nutrition Tips will help diabetics maintain their blood sugar levels and improve overall health. Non-diabetics can benefit by following these tips too. Tips provided by Mariane Heroux, Nutritionist.

Recommendation	Reason	Example
Eat at regular intervals (3 main meals, 2 snacks)	Eating at regular intervals helps your body control blood glucose levels.	7:00 a.m. breakfast, 9:30 a.m. snack, 12:00 p.m. lunch, 3:00 p.m. snack, 6:30 p.m. dinner
Eat lots of vegetables	The majority of vegetables are considered “free foods” as they do not raise blood glucose levels. They are very nutritious and tend to be low in calories.	Asparagus, beetroot, cabbage, carrot, egg plant, green beans, onions, peas, peppers, spinach
Eat whole grains and avoid refined flours (whole wheat does not = whole grain)	Whole grains are better at maintaining blood sugar than refined flours.	Eat: whole grain bread and whole grain pasta AVOID: white bread, white rice, white pasta, chips and crackers
Avoid fried/fast foods	These foods do not maintain blood sugar and do not nourish the body.	Eat: Baked or broiled chicken breasts, non-breaded fish AVOID: Chicken wings, french fries, McDonald’s, Wendy’s

For a complete list of nutritional tips and a recipe for Vegetable Bake please see our website www.limestonehealth.ca . If you have questions or would like additional information please feel free to contact Kait at kait@kingstonbody.com .

Osteoporosis: A condition that results in loss of bone mass and deterioration of bone tissue allowing for an increased risk of fractures with little or no trauma. More than 1.4 million people in Canada have been diagnosed with osteoporosis. Osteoporosis is more common in menopausal women but can affect anyone as the production of cells that build bones within our bodies become less efficient by our mid-30s. Risk factors for osteoporosis include: a family history of the condition, smoking, a slight body build, eating disorders, low dietary calcium intake and excessive alcohol intake. Prevention strategies for osteoporosis include participating in a regular exercise routine: walking, low impact exercise classes, dancing, Tai Chi and strength training. Please contact one of our Physiotherapists for an appropriate strength training regime. Proper nutrition is also a very important factor in reducing your risk for osteoporosis.

The following Nutrition Tips for osteoporosis have been provided by Jillian Manning, Nutritionist.

- ✓ Maintain a healthy balanced diet rich in whole grains, fresh fruit and vegetables, and lean proteins.
- ✓ You should be getting up to 1200 mg of Calcium in your diet or through supplementation per day. Calcium rich foods: milk, yogurt, kale, cheese, greens, salmon, sardines, fortified orange juice
- ✓ Look for “elemental” Calcium levels when choosing a supplement product as this is the amount that the body will actually absorb. Take your calcium supplement before bed away from your whole grains as this increases absorption and aids in sleep.
- ✓ You need 400 IU of Vitamin D per day to keep bones strong and hard. Vitamin D rich foods: mushrooms, eggs, fortified milk and cereal, herring, liver, tuna, cod liver oil

Please see our website www.limestone.ca for the complete list of nutritional tips. If you have any questions or would like additional information please contact Kait at kait@kingstonbody.com.

Occupational Therapists (OTs) play an important role in managing osteoporosis and helping individuals maintain their independence. OT's can help individuals learn how to stay active, how to use proper body mechanics, how to keep your home environment safe and how to prevent falls inside and outside your home. Learning proper body mechanics for everyday tasks helps prevent damage to brittle bones and allows you to stay active. An OT can meet with you in your home to help you learn strategies that can keep you safe within your home environment. An OT can help you learn about your risk for falling, provide you with strategies to avoid falling, and if you have fallen, help you overcome your fear of falling again. Preventing falls is easier than you may think. Please contact an occupational therapist at Limestone Health Consultants to discuss the many ways an occupational therapist may assist you.

<http://www.limestonehealth.ca/services-occupationaltherapy.cfm>

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