

What You Need to Know about **Osteoporosis**

Fractures due to osteoporosis affect 1 in 3 women, and 1 in 5 men over the age of 50 worldwide.

骨质疏松知多少

全球范围内，50岁以上的女性中有三分之一、男性中有五分之一会因骨质疏松症而导致骨折。



Imagine your bones as a living bank where you deposit calcium and other minerals throughout your life. As you age, these deposits become crucial for maintaining the strength and health of your bones. Osteoporosis is like a thief that silently robs this bank, leaving bones brittle and fragile, making even a minor fall potentially catastrophic. Understanding osteoporosis is the first step towards preventing and managing it effectively.

Osteoporosis, meaning "porous bone," is a condition characterized by weakened bones that are more susceptible to fractures. It's often called a silent disease because bone loss occurs without symptoms until a fracture happens. This article aims to empower you with knowledge about osteoporosis, its causes, implications and actionable steps you can take to protect your bone health.

Understanding Osteoporosis

Osteoporosis occurs when the creation of new bone doesn't keep up with the removal of old bone. Your bones are in a constant state of renewal—a process called remodelling. This involves two types of cells: osteoclasts, which break down old bone and osteoblasts, which build new bone. In osteoporosis, the balance between these cells tips towards bone loss. Several factors contribute to this imbalance:

Age

Age is one of the most significant risk factors for osteoporosis. As we age, our bones lose density and strength, making them more prone to fractures. Peak bone mass—the highest amount of bone a person has—is typically reached in our early 20s. After this peak, bone remodelling (the process of bone renewal) gradually shifts towards bone resorption (breakdown) rather than formation.

In our younger years, the body efficiently replaces old bone with new bone. However, as we age, the rate of new bone formation slows down, and bone resorption continues at a steady pace. This imbalance leads to a decrease in bone density, increasing the risk of osteoporosis. By the time we reach our 50s and beyond, this bone loss becomes more pronounced, especially if other risk factors are present.

Hormonal changes

Hormonal changes play a crucial role in bone health, particularly for women. Estrogen, a hormone that helps maintain bone density, decreases significantly during menopause. This decrease accelerates bone loss, making postmenopausal women particularly susceptible to osteoporosis.

In men, testosterone helps maintain bone density. While men experience a more gradual decline in testosterone levels with age, this decline can still contribute to bone loss over time. Both men and women can benefit from monitoring their hormone levels and discussing potential treatments with their healthcare providers to mitigate the effects of hormonal changes on bone health.

Nutritional deficiencies

Nutrition is a cornerstone of bone health. A diet lacking in these nutrients can lead to weakened bones and an increased risk of osteoporosis.

Lifestyle factors

Certain lifestyle choices can significantly impact bone health. A sedentary lifestyle, smoking, excessive alcohol consumption and poor dietary habits can all contribute to bone loss and increase the risk of osteoporosis.

Implications of Osteoporosis

Osteoporosis can have severe consequences for those affected. Fractures, particularly in the hip, spine and wrist, are common and can lead to chronic pain, disability and a loss of independence. Hip fractures are especially concerning, as they often require surgery and can result in long-term rehabilitation or even death in older adults. Spinal fractures can cause a loss of height, stooped posture and severe back pain.

The emotional and psychological impact of osteoporosis is equally significant. The fear of falling and breaking a bone can lead to a decrease in physical activity, further weakening the bones and muscles. This fear can also lead to social isolation, depression and a diminished quality of life.

想象一下，您的骨骼就像一个活期储蓄银行，您一生都在那里储存钙和其他矿物质。随着年龄的增长，这些存款成为您维持骨骼力量和健康的关键。骨质疏松症是一个潜在危险的沉默侵袭者。它会无声地侵蚀您“银行”的资金，使您的骨头变得脆弱易碎，即使是轻微摔倒也可能导致灾难性后果。因此，深入了解并意识到这个问题是预防和管理骨质疏松症的第一步。

骨质疏松症，意思是“多孔骨”，是一种以骨骼脆弱为特征的疾病，更容易骨折。它通常被称为无声疾病，因为骨质流失在发生骨折之前没有任何症状。这篇文章旨在为您提供有关骨质疏松症的知识，包括其成因、影响以及您可以采取的保护骨骼健康措施。

了解骨质疏松症

当新骨的生成无法跟上老骨的流失速度时，骨质疏松症就会发生。您的骨骼处于不断更新的状态，这个过程被称为重塑。这个过程涉及两种细胞：负责分解老骨的破骨细胞和负责形成新骨的成骨细胞。在骨质疏松症中，这些细胞之间的平衡倾向于骨质流失。造成这种失衡的因素有几个：

年龄

年龄是骨质疏松症最重要的危险因素之一。随着年龄增长，我们的骨骼密度和强度会下降，更容易骨折。通常在我们20岁出头的时候是骨量峰值期。在这个高峰之后，骨重塑(骨更新的过程)逐渐转向骨吸收(分解)而不是形成。

在青壮年阶段，身体能够有效地用新骨代替旧骨。然而，随着年龄的增长，新骨形成的速度减慢，骨吸收继续以稳定的速度进行。这种不平衡导致骨密度降低，增加患骨质疏松症的风险。当我们50多岁甚至更晚的时候，这种骨质流失会变得更加明显，尤其是如果存在其他风险因素的话。

荷尔蒙变化

荷尔蒙变化在骨骼健康方面扮演着至关重要的角色，尤其是对女性而言。雌激素是一种有助于维持骨密度的激素，在绝经期间会大幅下滑。这种显著下降会加速骨质流失，使绝经后的女性特别容易患上骨质疏松症。

男性则由睾酮来帮助维持骨密度。虽然男性的睾酮水平下滑较缓慢，但随着时间的推移，这种逐渐下降仍然会导致骨质流失。男性和女性都可以从监测他们的激素水平和与他们的医疗保健提供者讨论潜在的治疗方法中受益，以减轻荷尔蒙变化对骨骼健康的影响。

营养缺乏

营养是骨骼健康的基石。缺乏营养会导致骨骼变弱，增加患骨质疏松症的风险。

生活方式因素

某些生活方式会显著影响骨骼健康。久坐不动、吸烟、过度饮酒和不良的饮食习惯都会导致骨质流失，增加患骨质疏松症的风险。

骨质疏松症的后果

骨质疏松症对患者有严重影响。骨折很常见，尤其是髋部、脊柱和手腕部位的骨折，可导致慢性疼痛、残疾和丧失独立能力。髋部骨折尤其令人担忧，因为它们通常需要手术，可能导致长期康复甚至老年人死亡。脊柱骨折则可导致身高降低、弯腰驼背和严重背痛。

骨质疏松症对情绪和心理的影响同样显著。害怕跌倒和骨折可能会导致身体活动减少，进一步削弱骨骼和肌肉。这种恐惧还可能导致社交孤立、抑郁和生活质量下降。

Actionable Advice for Bone Health

While osteoporosis can be a daunting diagnosis, there are proactive steps you can take to maintain and improve your bone health. Here are some empowering strategies to consider:

可采取的骨骼健康行动建议

虽然骨质疏松症可能是一个令人担忧的诊断结果，但您可以采取积极的措施来维护和改善骨骼健康。以下是一些值得考虑的增强力量的策略：



Nutrition

Ensure your diet is rich in calcium and vitamin D. These nutrients are essential for maintaining strong bones. Here are some tips to enhance your diet for better bone health:

- **Calcium-rich foods:** Incorporate dairy products such as milk, cheese, home-made yoghurt, kale, broccoli and bok choy which are excellent sources of calcium. Home-made yoghurt is preferred because most Asians are allergic or lactose intolerant.
- **Vitamin D sources:** Vitamin D helps your body absorb calcium. Spend some time outdoors to get natural sunlight, a primary source of vitamin D. Include foods like wild-caught fatty fish (salmon, mackerel and sardines), egg yolks and fortified foods in your diet. Supplements can also be considered, especially if you live in a region with limited sunlight.

Exercise

Physical activity is crucial for maintaining bone density and overall health. Focus on weight-bearing and resistance exercises, which can help strengthen bones and muscles:

- **Weight-bearing exercises:** Engage in activities that make you work against gravity, such as walking, jogging, climbing stairs, dancing and hiking. These activities stimulate bone formation and improve bone density.
- **Resistance training:** Incorporate strength training exercises using weights, resistance bands, or body weight. Exercises like rebounding, weight lifting, squats, lunges and push-ups help build muscle mass and strengthen bones.
- **Balance and flexibility exercises:** Activities such as tai chi, line dancing and Pilates improve balance, coordination and flexibility, reducing the risk of falls and fractures.

Lifestyle choices

Adopting healthy lifestyle habits can significantly impact your bone health:

- **Quit smoking:** Smoking has detrimental effects on bone health. It reduces bone density and impairs the body's ability to absorb calcium. Quitting smoking can improve bone health and overall well-being.
- **Limit alcohol consumption:** Excessive alcohol intake can weaken bones and increase the risk of fractures. If you drink alcohol, do so in moderation. For women, this means up to one drink per day, and for men, up to two drinks per day.
- **Consume a balanced diet:** Fruits, vegetables, lean proteins and whole grains provide essential nutrients, vitamins and minerals that support overall health and bone strength.



营养

确保饮食富含钙和维生素D。这些营养素对于保持骨骼强健至关重要。以下是一些有助于改善骨骼健康的饮食建议：

- **高钙食物：**摄入乳制品，如牛奶、奶酪、自制酸乳酪、甘蓝、花椰菜和小白菜，它们是钙的极佳来源。自制酸乳酪是首选，因为大多数亚洲人对乳制品过敏或乳糖不耐受。
- **维生素D：**维生素D有助于人体吸收钙。花些时间在户外晒太阳，这是维生素D的主要天然来源。在饮食中加入野生捕捞的脂肪含量高的鱼类（如鲑鱼、鲭鱼和沙丁鱼）、蛋黄和强化食品。如果居住在阳光较少的地区，也可以考虑补充剂。

运动

运动对保持骨密度和整体健康至关重要。专注于负重和阻力运动，这有助于增强骨骼和肌肉：

- **负重运动：**对抗重力的活动，比如散步、慢跑、爬楼梯、跳舞和远足，有助刺激骨形成，提高骨密度。
- **阻力训练：**结合力量训练练习，使用重量，阻力带，或体重。像反弹、举重、深蹲、弓步和俯卧撑这样的运动有助于增加肌肉和增强骨骼。
- **平衡和柔韧性练习：**太极和普拉提等活动可以提高平衡、协调和柔韧性，减少跌倒和骨折的风险。

生活方式

养成健康的生活习惯对骨骼健康有很大的影响：

- **戒烟：**吸烟对骨骼健康有害。它会降低骨密度，损害人体吸收钙的能力。戒烟可以改善骨骼健康和整体健康。
- **限制酒精摄入：**过量的酒精摄入会削弱骨骼，增加骨折的风险。如果喝酒，一定要适量。女性每天最多喝一杯，男性每天最多喝两杯。
- **均衡饮食：**多吃水果、蔬菜、瘦肉蛋白和全谷物。这些食物提供必需的营养、维生素和矿物质，支持整体健康和骨骼强度。

Supplements

• Calcium Complex with Boron

It includes not only calcium and boron, but also vitamin A, vitamin C, vitamin D, vitamin B12, magnesium, phosphorus, zinc and vitamin B6. Each of these ingredients plays a crucial role in maintaining bone health. Calcium provides the foundational strength for bones.

Calcium Complex with Boron contains calcium amino acid chelate. This form of calcium offers numerous benefits for bone health, muscle function, nerve transmission and overall wellness due to its enhanced absorption and bioavailability. It is gentle on the stomach, making it a practical choice for those with digestive sensitivities.

Boron is a powerful ally in maintaining and enhancing bone health. Its ability to enhance the utilization of essential minerals, support vitamin D function, increase bone mineral density, reduce bone loss, balance hormones, reduce inflammation and improve wound healing makes it an important component of Calcium Complex with Boron.

The other vitamins and minerals further aid in calcium absorption and overall bone health, making this supplement a comprehensive solution for your bone health needs.

• Collasta+

Many overlook collagen's importance beyond skin health; its rich amino acids are vital for building connective tissues such as cartilages, bones, tendons and ligaments. Clinical trials have shown that daily supplementation with collagen can reduce joint pain, stiffness and inflammation, improve mobility and flexibility, build bone matrix, and speed recovery from injury. Start boosting your collagen intake by adding Collasta+ to your regimen.

• Organic Omega Gold Flaxseed Oil

Flaxseed oil is rich in omega-3 fatty acids, which have powerful anti-inflammatory properties. Omega-3 fatty acids help reduce inflammation in the body, which can protect bones from conditions like osteoporosis. Additionally, these healthy fats improve calcium absorption and bone strength. Incorporating flaxseed oil into your diet daily routine can enhance overall bone health, supporting your proactive approach to a strong, healthy body.

Conclusion

Osteoporosis doesn't have to dictate your future. By understanding the disease and taking proactive steps, you can protect your bones and maintain an active, healthy lifestyle. Think of your bones as the foundation of your body—strong bones support a strong life. Make deposits into your bone health bank today and safeguard your future from the silent thief that is osteoporosis.

Remember, it's never too early or too late to take action. Whether you're in your 20s or your 70s, every positive choice you make contributes to your bone health. Empower yourself with knowledge, embrace healthy habits, and encourage others to do the same. Together, we can build a future where osteoporosis is no longer a silent threat but a manageable condition that doesn't overshadow the vibrancy of life.

结论

骨质疏松症不一定决定您的未来。通过了解这种疾病并采取积极的措施，您可以保护您的骨骼，并保持积极、健康的生活方式。将您的骨骼视为身体的基础，当您拥有强壮的骨骼才能支撑强大的生命。今天就为您的骨骼健康银行存款，保护您的未来免受骨质疏松症这个无声的窃贼的侵害。

请记住，采取行动永远不会太早或太晚。无论您是20多岁还是70多岁，您所做的每一个积极选择都有助于您的骨骼健康。用知识武装自己，拥抱健康的习惯，并鼓励他人也这样做。只要我们齐心协力，我们就能创造这样一个未来：在这个未来中，骨质疏松症不再是一种无声的威胁，而是一种可控的疾病，不会给生活的活力蒙上阴影。

补充剂

• 钙合剂加硼

它不仅包括钙和硼，还包括维生素A，维生素C，维生素D，维生素B12，镁，磷，锌和维生素B6。每一种成分在维持骨骼健康方面都起着至关重要的作用。钙为骨骼提供基本的强度。

钙合剂加硼含有氨基酸螯合钙。这种形式的钙对骨骼健康、肌肉功能、神经传递和整体健康都有很多好处，因为它能增强吸收和生物利用度。它对胃很温和，对消化敏感的人来说是一个实用的选择。

硼是维持和增强骨骼健康的有力盟友。它能够提高必需矿物质的利用率、支持维生素D的功能、增加骨矿物质密度、减少骨质流失、平衡激素、减轻炎症以及促进伤口愈合，它是钙合剂加硼的重要组成部分。

其他维生素和矿物质进一步有助于钙的吸收和整体骨骼健康，使这种复合物成为满足您骨骼健康需求的综合解决方案。

• 康丽达胶原红藻+

许多人忽视了胶原蛋白在皮肤健康之外的重要性；其丰富的氨基酸对于构建诸如软骨、骨骼、肌腱和韧带等结缔组织至关重要。临床试验表明，每天补充胶原蛋白可以减轻关节疼痛、僵硬和炎症，提高活动能力和灵活性，构建骨基质，并加快受伤后的恢复。通过在您的养生方案中添加康丽达胶原红藻+来开始增加您的胶原蛋白摄入量。

• 奥美加黄金亚麻籽油

亚麻籽油富含奥美加—3脂肪酸，具有强大的抗炎特性。奥美加—3脂肪酸有助于减轻体内炎症，从而保护骨骼免受骨质疏松等疾病的侵害。此外，这些健康的脂肪能改善钙的吸收和骨骼强度。将亚麻籽油纳入您的日常生活可以增强整体骨骼健康，支持您积极打造强壮、健康的身体。



CALCIUM SUPPLEMENTS:

What You Should Know

了解补钙



Calcium constitutes a significant portion of bone and tooth structure, while also playing a crucial role in blood vessel function, muscle activity, blood clotting, nerve signalling and hormone secretion.

Since our bodies do not produce calcium internally, we must obtain it from external sources. Various foods contain calcium including:

- Dairy products like yoghurt, milk and cheese
- Dark green leafy vegetables such as collard greens, broccoli and kale
- Fish with edible soft bones
- Edamame beans, lentils, soy products like tofu
- Nuts

Symptoms of Calcium Deficiency

Symptoms indicating a deficiency in calcium include numbness or tingling in the fingers, muscle stiffness, seizures, fatigue, reduced appetite and irregular heartbeats. Over time reduced intake or deficiency of calcium may lead to decreased protein and mineral content within bone tissue (osteopenia), ultimately resulting in brittle or fragile bones (osteoporosis).

Who Should Consider Calcium Supplements?

Calcium supplements can be beneficial for individuals who:

- Do not consume enough calcium-rich food
- Follow a vegan diet
- Have lactose intolerance leading to limited dairy product consumption
- Are perimenopausal or menopausal women
- Consume high levels of protein or sodium which can cause increased excretion of calcium by the body
- Undergo long-term treatment with corticosteroid
- Have certain bowel or digestive diseases that reduce their ability to absorb calcium such as inflammatory bowel disease or celiac disease

In these situations where dietary intake alone may not suffice in meeting one's necessary levels of daily recommended intake for this essential nutrient—calcium supplements may prove beneficial.

钙是骨骼和牙齿结构的重要组成部分，同时在血管功能、肌肉活动、血液凝固、神经信号传递和激素分泌方面也发挥着关键作用。

由于我们的身体不能自己产生钙，因此必须从外部来获取钙。许多食物都含钙，包括：

- 乳制品，如酸乳酪、牛奶和奶酪
- 深绿色蔬菜，如菠菜、西兰花和甘蓝
- 软骨的鱼类
- 毛豆、扁豆、大豆制品如豆腐
- 坚果

缺钙症状

缺乏钙的症状包括手指麻木或刺痛、肌肉僵硬、癫痫发作、疲劳、没有食欲和心跳不规律。长期摄入不足或缺乏钙可能会导致骨组织内的蛋白质和矿物质含量减少（骨质减少），最终导致骨骼脆弱或易碎（骨质疏松症）。

哪些人应考虑补钙？

钙补充剂对以下人群有益：

- 没有摄入足够富含钙的食物的人士
- 素食者
- 患有乳糖不耐症而无法食用乳制品的人士
- 围绝经期或绝经期的女性
- 摄入高水平的蛋白质或钠的人士，这会增加体内钙的排泄
- 长期使用皮质类固醇治疗的人士
- 患有某些肠道或消化疾病的人士，如炎症性肠病或乳糜泻，这些疾病会减少钙的吸收

在这些情况下，仅通过膳食摄入量可能不足以满足每日所需的钙，因此钙补充剂可能会有所帮助。

Discover the Ultimate Calcium Supplement

NewLife™ Calcium Complex with Boron

NewLife™ Calcium Complex with Boron supports bone health with a balanced formula that combines various calcium forms and synergistic nutrients for enhanced absorption. Here's a summary of its key features and benefits:

Key Features:

- **Advanced Calcium Sources:**
 - ✓ **Calcium Carbonate:** Provides the highest amount of elemental calcium.
 - ✓ **Amino Acid Chelated Calcium:** Enhances absorption and utilization by dissolving in intestinal fluids.
 - ✓ **Calcium Aspartate:** Essential for bone density and strength, particularly beneficial for older adults, postmenopausal women and those with osteoporosis.
- **Enhanced Absorption with Key Nutrients:**
 - ✓ **Magnesium & Phosphorus:** Vital minerals for calcium metabolism.
 - ✓ **Boron & Zinc:** Important trace minerals that support bone health.
 - ✓ **Omega-9 Fatty Acids:** 1000 mg of oleic acid to support overall health.
 - ✓ **Vitamins B6, B12, A, C & D:** Crucial for optimal calcium absorption and bone health.
- **Convenient & Pure Formulation:**
 - ✓ **Soft Gels:** Easy-to-swallow and quick to absorb.
 - ✓ **Free From:** Synthetic additives and common allergens like milk, eggs, shellfish, peanuts, wheat.

Health Benefits:

- Strengthens bones, joints and teeth
- Supports muscle growth and movement
- Promotes cardiovascular health
- Regulates blood pressure
- Aids in bone and wound healing
- Enhances strength and vitality
- Assists in nerve function
- Supports hormone and enzyme function
- Improves sleep quality

发现终极钙补充剂 新生命钙合成剂加硼

新生命钙合成剂加硼采用精心平衡的配方，结合多种钙形式与协同营养素，以增强吸收效果和功效，全面支持骨骼健康。以下是此产品的关键特点和益处：

特点：

- **高级钙来源：**
 - ✓ **碳酸钙：**提供最多的元素钙。
 - ✓ **氨基酸螯合钙：**通过溶解在肠道液体中来增强吸收和利用。
 - ✓ **天冬氨酸钙：**对骨骼密度和强度至关重要，特别有益于老年人、绝经后女性和骨质疏松症患者。
- **关键营养素增强吸收：**
 - ✓ **镁和磷：**钙代谢的重要矿物质。
 - ✓ **硼和锌：**支持骨骼健康的重要微量矿物质。
 - ✓ **奥美加-9脂肪酸：**1000毫克油酸，支持整体健康。
 - ✓ **维生素B6、B12、A、C和D：**对于最佳钙吸收和骨骼健康至关重要。
- **方便、纯正配方：**
 - ✓ **软胶囊：**易于吞咽，快速吸收。
 - ✓ **不含：**合成添加剂和常见致敏原如牛奶、鸡蛋、贝类、花生、小麦。

健康益处：

- 增强和维持骨骼、关节和牙齿的健康
- 支持肌肉生长和运动
- 促进健康的心血管功能
- 帮助调节血压
- 促进骨骼和伤口愈合
- 增强身体力量和整体活力
- 协助神经功能和信息传递
- 支持激素和酶功能
- 改善睡眠质量



What Our Calcium Complex Customers Are Saying... 使用我们钙合成剂加硼的客户怎么说...



Lee Ji Ba, Johor Bahru | 李亚峇先生, 新山

"Calcium Complex works! I no longer have knee pain when I walk up and down the stairs."

「钙合成剂加硼真的有效！上下楼梯时，我的膝盖不再疼了。」



Liew FL, Selangor | 刘太, 雪兰莪

"I am in my 70s. I had a fall last year but my bones were not broken. My teeth are still strong as well. I believe it is because I have been taking Calcium Complex all these years."

「我70多岁了。去年我摔了一跤，但我的骨头没有断。还有我的牙齿也很坚固。我相信这都是因为我多年来一直都在服用新生命钙合成剂加硼。」



Tjam Helga, Jakarta | 优嘉女士, 雅加达

"My mother had a fall and got a hairline crack on her knee cap. Her doctor said it would take some time to recover. I started giving my mom Calcium Complex and Omega Gold Flaxseed Oil daily.. When she went for a review, the doctor noticed that her crack had healed. The healing process took only half the duration he estimated."

「我母亲不小心跌倒，膝盖骨裂了一道细缝。医生说需要一些时间才能恢复。我开始给我母亲服用钙合成剂加硼和奥美加黄金亚麻籽油。当她去复查时，医生注意到她的裂缝已经愈合了，愈合过程比他原先估计的时间少了一半。」



KL Tan, Kota Kinabalu | 陈先生, 亚庇

"Whenever I have joint pain, I will start taking Calcium Complex until the pain disappears, which usually only takes a few days. The only reason I don't take it every day is that I am too lazy to cut my nails so frequently. Calcium Complex makes my nails grow fast and strong."

「每当我感到关节疼痛时，我就会开始服用钙合成剂加硼，直到疼痛消失，这通常只需要几天时间就见效。我没有每天服用的唯一原因是我太懒了，不想经常剪指甲。钙合成剂加硼使我的指甲长得又快又坚固。」