

[IMAGE]

Maintaining Musculoskeletal Health With Vitamin D

Stunt doubles in the motion picture industry make a living out of falling off buildings, out of windows -- you name it. For the elderly, however, a fall isn't something you see in the movies; it's a serious matter with serious consequences. Previous research indicates that up to one-third of all people age 65 and older - and up to half of those over age 80 - suffer injuries from falls.

Researchers examined the role vitamin D plays in reducing the risk of falls in the elderly. The analysis reviewed five studies involving more than 1,200 patients in which patients took a certain amount of vitamin D per day, usually with calcium.

After adjusting for study differences, researchers concluded that vitamin D intake reduced the odds of falling by 22 percent, compared with patients who received either calcium or placebo. Patients who took higher doses of vitamin D (700 to 800 international units daily) seemed to fare better than patients receiving 400 IU per day. In at least one study, vitamin D appeared to reduce the risk of falls.

Talk to your doctor of chiropractic about other forms of nutritional and structural support for your bones and muscles, and how to maintain a healthy musculoskeletal system.

To learn more about the benefits of chiropractic, visit www.chiroweb.com/find/whatis.html.

Reference:

Bischoff-Ferrari H, Dawson-Hughes B, Willett W, et al. Effect of vitamin D on falls. A meta-analysis. *Journal of the American Medical Association*, April 28, 2004;291:1999-2006.

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