Bone Health For Cancer Survivors
Overview

Bone Health In General

Bone Health In Cancer Patients

Good Nutrition For Bone Health
Normal Bone Health
Bone Is A Dynamic Organ

Bone Growth

- Periosteum
- Bone collar
- Hyaline cartilage "model"
- Blood vessels
- Primary ossification center
- Secondary ossification center
- Medullary cavity
- Articular cartilage
- Spongy bone
- Epiphyseal plate
- Periosteum
- Compact Bone
Osteoporosis
Osteoporosis
Cancer and Bone

Breast Cancer and Bone Loss

Prostate Cancer and Bone Loss
Breast Cancer and Bone Loss

Surgery

Radiation

Chemotherapy (Glucocorticoids)

Hormonal Therapy
Bone Loss Prevention

- Medication
- Good Nutrition
- Exercise regularly
- Avoid Drinking and Smoking
Good Nutrition For Bone

Vitamin D
Under age 50  400-800 IU
Over age 50  800-1000 IU

Calcium
Under age 50  1000 mg
Over age 50  1,200 mg
Bone Health For Cancer Survivors

Resources

➲ The Hormone Health Network
www.hormone.org

➲ National Osteoporosis Foundation:
www.nof.org

➲ Osteoporosis and Related Bone Diseases
Resource Center
www.osteo.org