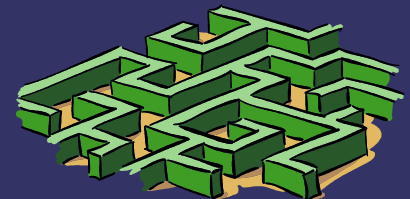


Bone Health For Cancer Survivors

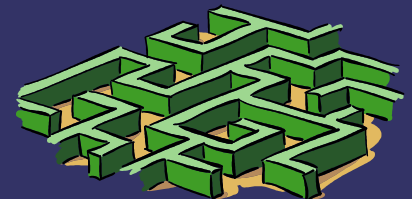


Overview

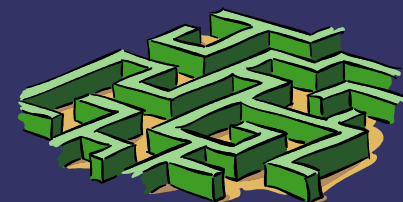
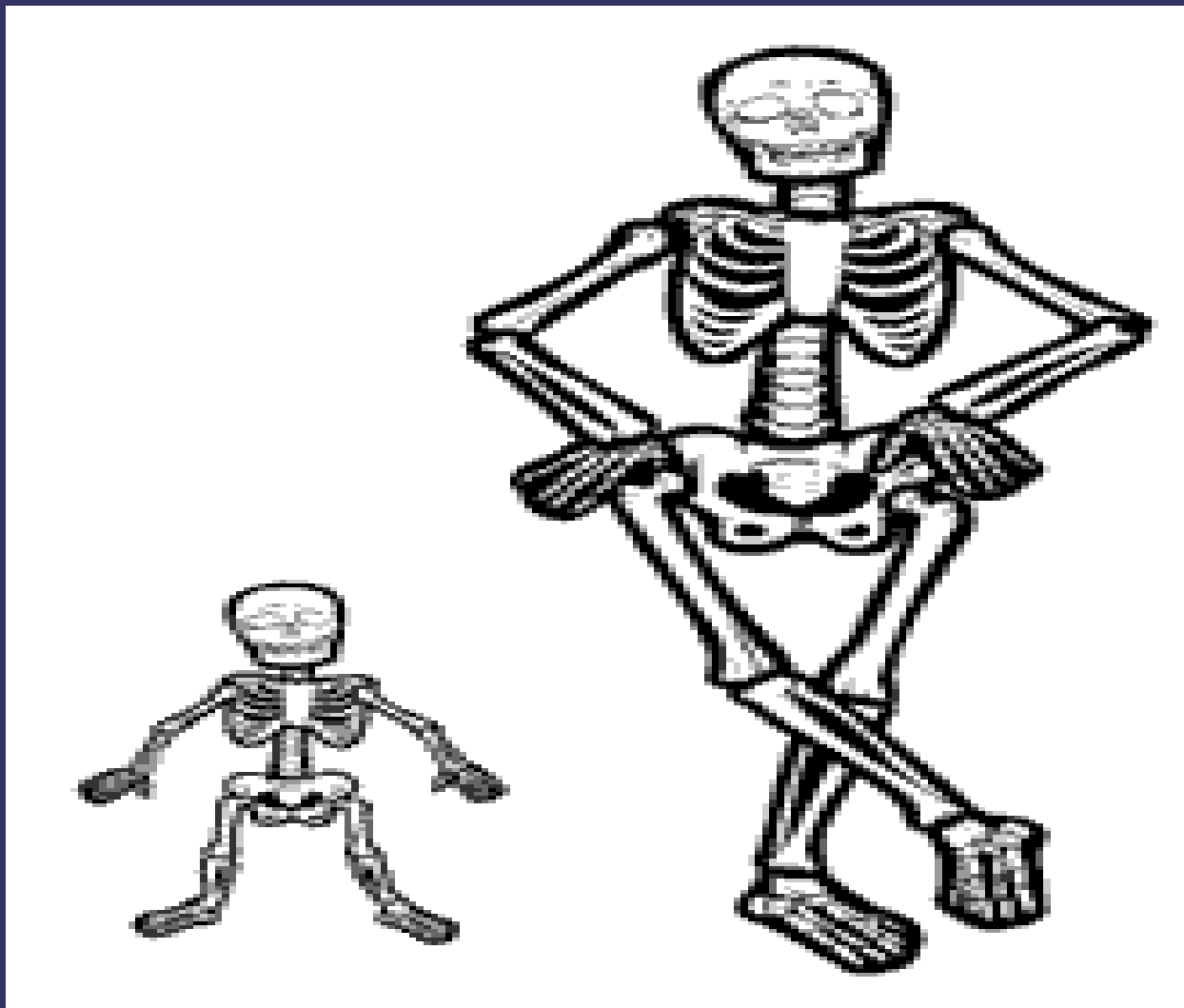
Bone Health In General

Bone Health In Cancer Patients

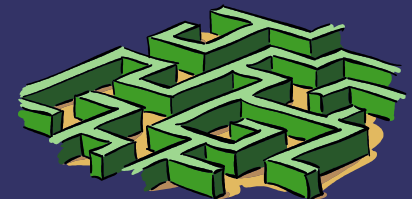
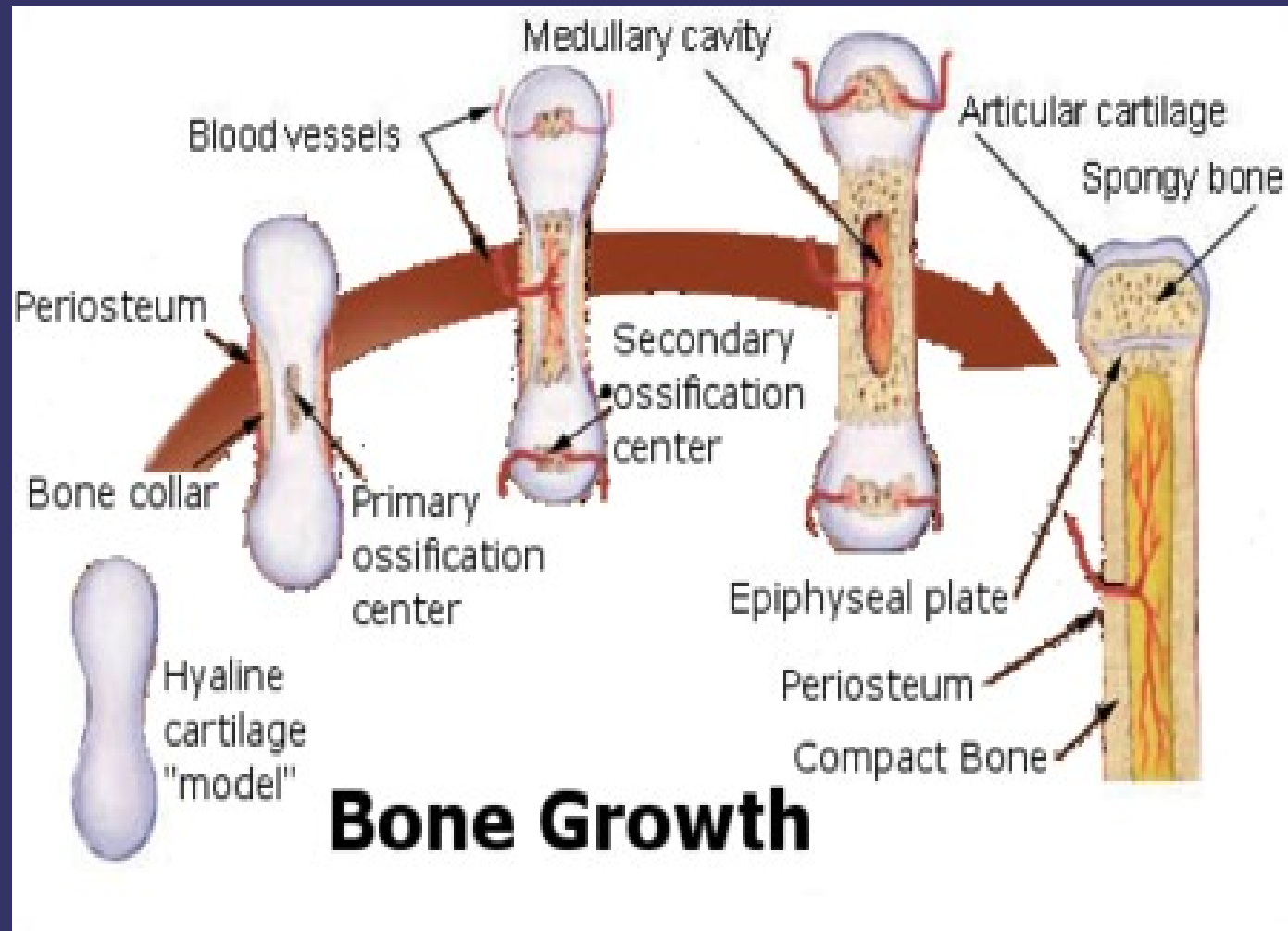
Good Nutrition For Bone Health



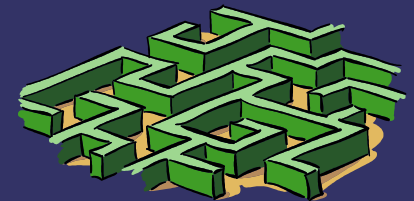
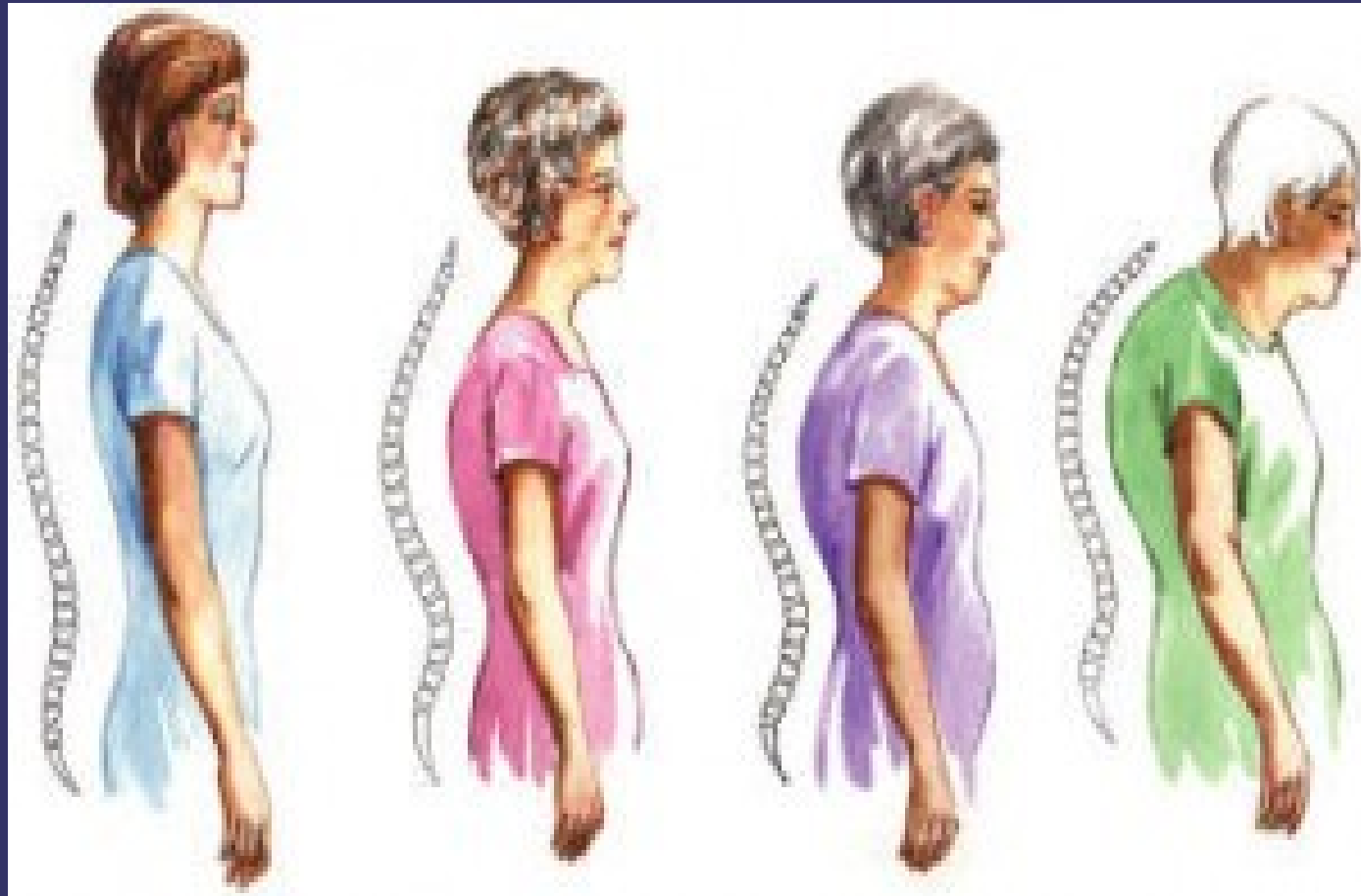
Normal Bone Health



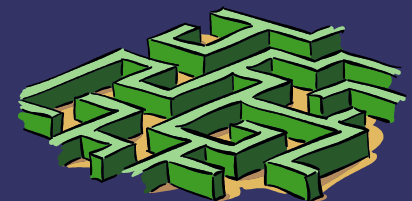
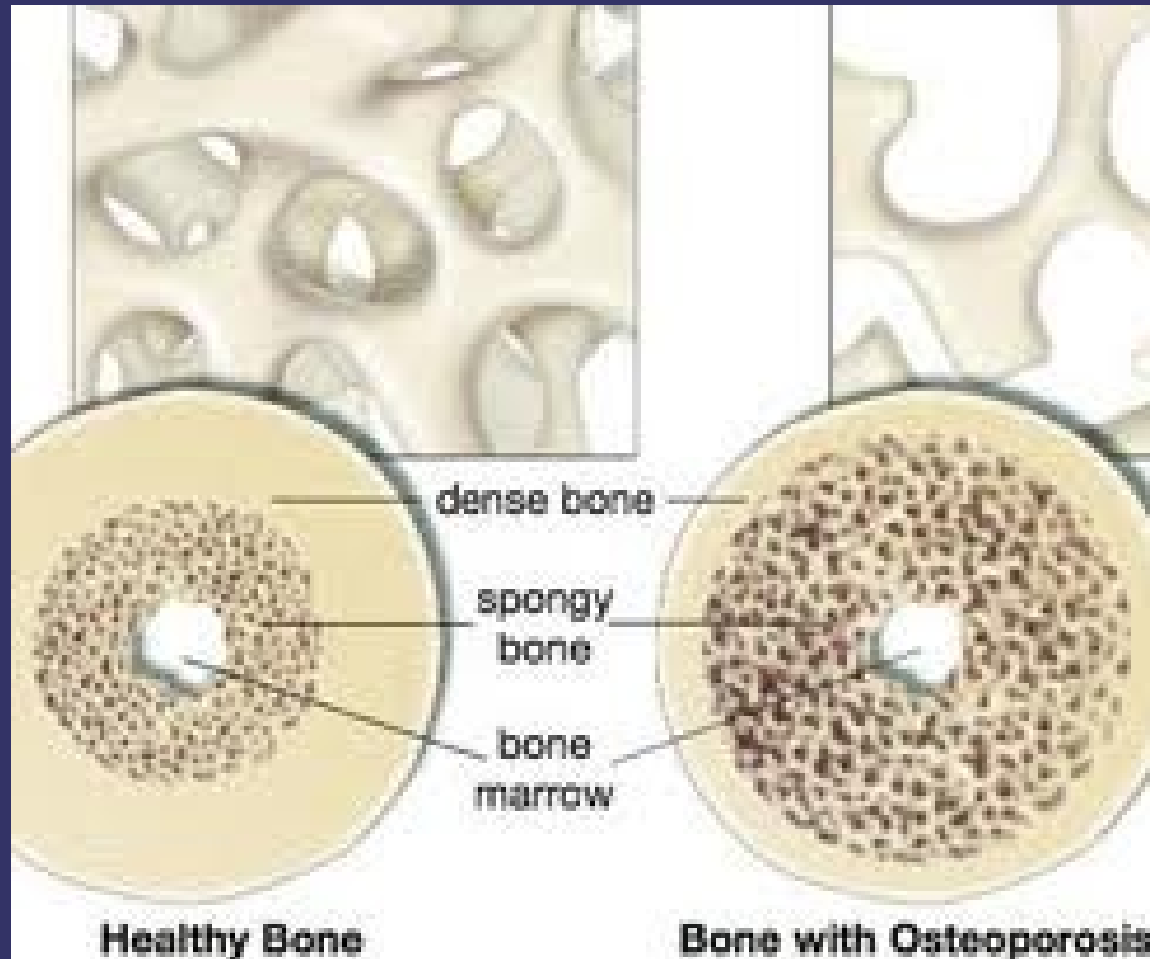
Bone Is A Dynamic Organ



Osteoporosis



Osteoporosis



Cancer and Bone

Breast Cancer and Bone Loss

Prostate Cancer and Bone Loss



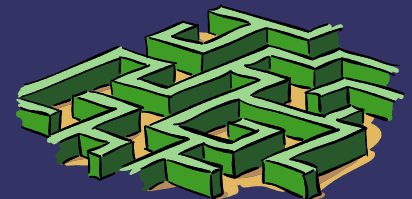
Breast Cancer and Bone Loss

Surgery

Radiation

Chemotherapy (Glucocorticoids)

Hormonal Therapy



Bone Loss Prevention

- ➔ Medication
- ➔ Good Nutrition
- ➔ Exercise regularly
- ➔ Avoid Drinking and Smoking



Good Nutrition For Bone

Vitamin D

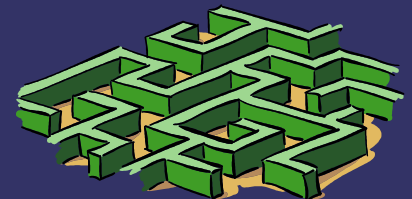
Under age 50 400-800 IU

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.osteoporosis.gov
- ⇒

