



## FEATURE ARTICLE FROM ALWAYS BEST CARE

# Fighting Osteoporosis: Supplementing with Calcium and Vitamin D

### **Calcium**

Women age 51 and older and men age 71 and older require 1,200 mg daily of calcium, which includes calcium from food and supplements ([National Osteoporosis Foundation](#)).

To determine how much calcium is in a particular food, check the food label's nutrition facts panel for the percentage of daily value (DV) of calcium. This amount is based on 1,000 mg of calcium per day. For example, 30 percent DV of calcium equals 300 mg.

Because your body can only absorb 500 mg of calcium at a time, supplements should be taken in divided doses during the day. Work with your doctor to make sure you get enough calcium, but not too much.

### **Vitamin D**

Not only does vitamin D help protect your bones, but your body requires it to absorb calcium. Vitamin D is now being recognized as a key player in osteoporosis, so make sure you're getting enough — either through vitamin D2 (ergocalciferol) or vitamin D3 (cholecalciferol).

Women and men over 50 need 800 to 1,000 IU daily. Although we absorb vitamin D through sunlight or by ingesting foods such as mackerel, these sources are likely not enough. For example, people everywhere are getting much less vitamin D through sunlight because we increasingly use sunscreen, and people living in northern climates don't have access to sufficient sunlight, especially during the winter.

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The Certified Senior Advisor (CSA) program provides the advanced knowledge and practical tools to serve seniors at the highest level possible while providing recipients a powerful credential that increases their competitive advantage over other professionals. The CSA works closely with [Always Best Care Senior Services](#) to help ABC business owners understand how to build effective relationships with seniors based on a broad-based knowledge of the health, social and financial issues that are important to seniors, and the dynamics of how these factors work together in seniors' lives. To be a Certified Senior Advisor (CSA) means one willingly accepts and vigilantly upholds the standards in the CSA Code of Professional Responsibility. These standards define the behavior that we owe to seniors, to ourselves, and to our fellow CSAs. The reputation built over the years by the hard work and high standards of CSAs flows to everyone who adds the designation to their name. For more information, visit [www.society-csa.com](http://www.society-csa.com).

### **About Always Best Care®**

Founded in 1996, Always Best Care Senior Services is based on the belief that having the right people for the right level of care means peace of mind for the client and family. Always Best Care assists seniors with a wide range of illnesses and personal needs, and currently provides more than 3 million hours of care every year. Franchise opportunities are available to individuals interested in leveraging the company's clear strategy and proven track record for delivering affordable, dependable service to seniors in their local areas.

By working with case managers, social workers, discharge planners, doctors, and families, Always Best Care franchise owners provide affordable, comprehensive solutions that can be specifically matched to meet a client's particular physical or social needs. The hallmark services of the Always Best Care business portfolio include non-medical in-home care and assisted living finder and referral services, with skilled home health care now being phased in throughout the country. For more information, visit [www.AlwaysBestCare.com](http://www.AlwaysBestCare.com). For franchise opportunities, visit [www.FranchiseWithAlwaysBestCare.com](http://www.FranchiseWithAlwaysBestCare.com).

Always Best Care also offers *Always in Touch*, a telephone reassurance program that provides a daily phone call to seniors and disabled adults who are living alone and have limited contact with the outside world. Always in Touch is the *only* absolutely **free** national telephone reassurance program of its kind anywhere in the USA and Canada. For more information on Always in Touch, or to request an application, visit [www.Always-in-Touch.com](http://www.Always-in-Touch.com).

Another special program from Always Best Care is *Always on Call*—provided **free** to Always Best Care clients and their families with a minimum of 5 hours of monthly care. Families will have *anytime* access to physicians 24/7 if they're considering ER or urgent care for non-emergency issues, if they need a non-narcotic prescription or refill, if they can't take time off from work or school, if they're traveling and need medical care, if their primary physician is not available, or if they have a sick child, spouse or elderly parent. This special service is provided to Always Best Care clients and their families by 24HourMDNow, an independent company not affiliated with Always Best Care.

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