

AFRICAN PEOPLE'S
EDUCATION AND
DEFENSE FUND,
INC.

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Our Mission

* Develop and institutionalize programs addressing the grave disparities in education, health, healthcare, and economic development faced by the African community.

* Defend the human and civil rights of African people.

Healthy Connections

DECEMBER 2009

Osteoporosis: A Threat for African American Women Too

Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue, causing bone fragility and an increased susceptibility to fractures of the hip, spine, and wrists. Osteoporosis is a major public health threat for more than 44 million in the US: 80% of those affected are women and over 300,000 are African American women.

There is a common misperception that that osteoporosis is only a concern for white women. This can delay prevention and treatment in African American women who may not believe they are at risk for the disease. According to National Institute of Arthritis and Muscular skeletal and Skin Diseases (NIAMS) while African American women tend to have higher bone mineral density than white women throughout life, they are still at significant risk of developing osteoporosis.

Facts about African American Women and Osteoporosis

- Osteoporosis is under-recognized and under treated in African American women.
- As African American women age, the risk for hip fracture doubles every 7 years.
- African American women are more likely than white women to die following a hip fracture.
- Diseases more prevalent in the African American population, such as sickle-cell anemia and lupus, can increase the risk of developing osteoporosis.
- African American women consume 50 percent less calcium than the Recommended Dietary Allowance. Adequate intake of calcium plays a crucial role in building bone mass and preventing bone loss.
- As many as 75 percent of all African Americans are lactose intolerant. People with lactose intolerance often may avoid milk and other dairy products that are sources of calcium because they have trouble digesting lactose, the primary sugar in milk.

Where to Get Calcium

- You can get calcium from eating greens, beans, and fruits. Dark leafy green vegetables, tofu, soymilk, almonds, and figs are good sources. Broccoli, brussel sprouts, collards, kale, mustard greens, swiss chard, and other greens are loaded with calcium. The only exception is spinach which contains oxalate, a nutrient that interferes with the body's ability to absorb the calcium.

Besides calcium there is more you can do!

- Do weight-bearing physical activity, which is any activity in which your body works against gravity. There are so many things you can do: walk, dance, run, climb stairs, garden, do yoga or tai chi, jog, hike, play tennis, or lift weights - keep it fun!
- Get vitamin D. Vitamin D controls your body's use of calcium. The most readily available source of vitamin D is exposure to direct sunlight. About 15 minutes of sunlight on your skin each day can produce the vitamin D you need.
- Decrease your salt intake. The components of table salt increase urinary calcium excretion. Individuals with low salt intake may be able to maintain calcium balance at low calcium intakes, while those with more typical US salt intakes will have higher calcium requirements.
- Don't Smoke. Smokers lose calcium, which increases your risk of developing osteoporosis.

Source: BlackWomensHealth.com

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Come Join the All People's Tyron Lewis Community Gym for an Ab Sculpting Class!

If you want wash board abs, want to be healthier or just want to lose a few pounds, the Ab Class can help you out. Size, age and experience do not matter! We meet you where you are. The All People's Tyron Lewis Community Gym is not just any gym! It is a gym of our own!

Free Ab Sculpting Class!!!



Get your Stomach Right This Summer!!!



SIGN UP NOW!

At the All People's Tyron Lewis Community Gym
1327 ML King Jr. St. So.
St. Petersburg, FL
Monday - Friday 5 AM - 9 PM
Saturday 8 AM - 4 PM

The Ab Sculpting Class is free to all Members of the All People's Tyron Lewis Community Gym!

\$5 to the General public

Ab Class is held every Tuesday and Thursday 6:15-7:15pm

Location of Classes: Uhuru House
1245 18th Ave. S.

St. Petersburg, FL.

Contact us: 727-824-5670

Classes Now On!