

ABOUT

Bone Basics

All bones, including the bones in your back, called vertebrae, are made up of three major components that make them both flexible and strong:

- **Collagen:** a protein that gives bone a flexible framework
- **Calcium-phosphate:** mineral complexes that make bones hard and strong
- **Living bone cells:** remove and replace weakened sections of bone

Keeping Bones Healthy

No matter what your age, the recipe for bone health is simple for both men and women:

- **Get enough calcium and vitamin D:** Most foods contain vitamins, minerals, and other nutrients that help keep your body healthy. Your body needs these nutrients to work properly. Two nutrients that are of special importance to your bones are calcium and vitamin D.
- **Exercise regularly:** Bones get stronger and denser when you make them work (i.e. handling impact and carrying the weight of your body). Both weight-bearing exercise (upright activities that require you to move against gravity like running) and resistance/strengthening exercise (moving your body, a weight, or some other resistance against gravity like pull-ups/push-ups) are important for building and maintaining bone density.
- **Make healthy lifestyle choices:** Lifestyle habits like smoking and drinking alcohol can affect your bones. Heavy drinking reduces bone formation and may also affect your body's calcium supply. The nicotine and other chemicals in cigarettes are toxic to bone cells, reducing the cell's ability to absorb calcium and regenerate weakened bone.
- **Talk to your healthcare provider about your bone health:** Establishing a comprehensive plan to protect your bones will help mitigate the loss of bone density due to age or genetics.



Cortoss[™]
Bone Augmentation Material