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SWOSU Bulldog Wellness Committee

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SWOSU

Bulldog Wellness

May 2021



NATIONAL OSTEOPOROSIS MONTH 2021
GET BONE STRONG THIS MAY WITH A TIP EACH DAY

MAY 1 NATIONAL OSTEOPOROSIS MONTH KICKS OFF TODAY	MAY 2 PEAK BONE MASS PRIMER	MAY 3 THE ABCs OF OSTEOPOROSIS	MAY 4 BONE BASICS: WHAT EVERYONE NEEDS TO KNOW
MAY 5 OSTEOPOROSIS RISK FACTORS	MAY 6 OSTEOPOROSIS: WHAT EVERY MAN NEEDS TO KNOW	MAY 7 YOU ARE WHAT YOU EAT: BUILD STRONG BONES	MAY 8 SIMPLE FACTS RE: CALCIUM & VITAMIN D
MAY 9 SERVE MOM A BONE-HEALTHY BREAKFAST IN BED	MAY 10 CALCIUM & VITAMIN D KEEPS BONES HEALTHY	MAY 11 THE CALCIUM CALCULATOR	MAY 12 BONE-HEALTHY INGREDIENTS
MAY 13 BE A BONE-HEALTHY HOME CHEF	MAY 14 KEEP OSTEOPOROSIS AT BAY: EXERCISE EVERY DAY	MAY 15 WEIGHT-BEARING EXERCISES ROCK	MAY 16 EXERCISE AND BE BONE HEALTHY
MAY 17 MOVE SAFELY TO PREVENT INJURY	MAY 18 SIMPLE STEPS TO PROTECT YOUR SPINE	MAY 19 KEEP YOUR BALANCE	MAY 20 STAND TALL, DON'T FALL
MAY 21 THE DOs & DON'Ts OF DAILY ACTIVITIES	MAY 22 MAKE YOUR HOME A FALL-SAFE HAVEN	MAY 23 FIND A BONE HEALTH SPECIALIST NEAR YOU	MAY 24 A TELEMEDICINE APPT "HOW TO"
MAY 25 ASK YOUR DOCTOR THE RIGHT QUESTIONS	MAY 26 TALK TO YOUR DOCTOR ABOUT MEDICATIONS	MAY 27 TAKE GOOD CARE OF YOU	MAY 28 PATIENT SUPPORT IS JUST A CLICK AWAY
MAY 29 GET INSPIRED: PERSONAL STORIES OF HOPE	MAY 30 MOTIVATING STORIES ABOUT LIVING WITH OSTEOPOROSIS	MAY 31 HELP NOF HELP YOU! JOIN THE PATIENT REGISTRY	

About **54 million Americans** have osteoporosis and low bone mass, placing them at increased risk for osteoporosis. Studies suggest that approximately one in two women and up to one in four men age 50 and older will break a bone due to osteoporosis.



How much calcium do you need daily?

Total daily amounts recommended from food and supplements:

Men

70 and younger = 1,000 mg
71 and older = 1,200 mg

Women

50 and younger = 1,000 mg
51 and older = 1,200 mg

1. Fulgoni VL, Keast DR, Bailey RL et al. Foods, Fortificants, and Supplements: Where Do Americans Get Their Nutrients? J Nutr 2011; 141:1847-54. 2. <http://nof.org/calcium>

Access full digital calendar: [NOM_Calendar \(nof.org\)](http://NOM_Calendar(nof.org))

American Stroke Awareness Month

[Stroke Risk Factors You Can Control, Treat and Improve | American Stroke Association](#)

Stroke is dangerous and deadly, but you can control and treat several risk factors for it.

High Blood Pressure - High blood pressure, or hypertension, is a leading cause of stroke and the most significant controllable risk factor. [Manage HBP](#).

Smoking - The nicotine and carbon monoxide in cigarette smoke damage the cardiovascular system and pave the way for a stroke. The use of birth control pills combined with cigarette smoking can greatly increase the risk of stroke. [Quit smoking now and lower risks](#). [Downloadable PDF](#).

Diabetes - Diabetes is an independent risk factor for stroke. [Learn how to lower risks with diabetes and pre-diabetes](#).

Food Choices – Foods high in saturated fat, trans fat and cholesterol can raise blood cholesterol levels. Those high in sodium (salt) can increase blood pressure. And those with high calories can lead to obesity. Including five or more servings of fruits and vegetables per day may reduce the risk of stroke. [The American Heart Association Diet and Lifestyle Recommendations](#) outlines a healthy diet.



Physical Inactivity - Physical inactivity can increase your risk of stroke, heart disease, overweight/obesity, high blood pressure, high blood cholesterol and diabetes. Aim for being active at least *150 minutes a week*, but if you don't want to sweat the numbers, just move more and sit less. Learn about the new [AHA Physical Activity recommendations](#).

Obesity - Excess body weight and obesity are linked with an increased risk of high blood pressure, diabetes, heart disease and stroke. Losing as little as 5 to 10 pounds can make a significant difference in your risks. Start by taking small steps today to manage your weight and lower risks.

High Blood Cholesterol - Large amounts of cholesterol in the blood can build up and cause blood clots — leading to a stroke.

Warning Signs of a Stroke:

F	A	S	T
Face Drooping Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or lopsided?	Arm Weakness Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?	Speech Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence.	Time to Call 9-1-1 If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.