

# VITAMIN D and CALCIUM



**Why are VITAMIN D and CALCIUM important bone health protection strategies for *long term care residents*?**

## Vitamin D

## Think Balance

### 1. How much do residents need?

**1000 IU of Vitamin D DAILY** (minimum 800 IU)

### 2. What does it do?

Vitamin D improves bone density, muscle function, body sway and coordination. It also reduces muscle pain, hip and spinal fractures and the debilitating effects of osteoporosis.

### 3. What about falls?

Vitamin D reduces falls by 20%.



### 4. Does sunshine work?

Sun exposure can't meet the daily Vitamin D requirements of residents. Aging skin doesn't convert Vitamin D effectively.

## Calcium

## Think Strength



### 5. How much do residents need?

**1500 mg of Calcium DAILY**

Residents need to consume calcium through food and if necessary, supplements because their bodies don't naturally produce calcium and to prevent their bodies from taking calcium out of their bones.

### 6. What does it do?

Calcium is essential for maintaining healthy strong bones and teeth. 99% of our body's calcium is stored in bones and teeth.

## Vitamin D + Calcium

## Think Fracture Prevention

### 6. Why both?

Vitamin D and Calcium when taken with bisphosphonate medications, reduce fractures at the hip, spine and wrist by 40-80%.

# MAKE NO BONES ABOUT IT

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