



May 2015

Bone Health in Midlife

What Is Osteoporosis?

Osteoporosis is a disease that weakens the bones and fragile bones are more likely to fracture (break). Osteoporosis is called the silent disease because it does not hurt until you break a bone. Postmenopausal women are most at risk.

Inside This Issue!

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Risk Factors

You Can Change:

- ❖ Taking any of the these medications long-term: cortisone (for arthritis, asthma, and lupus), some seizure medicines, some cancer treatments
- ❖ Smoking
- ❖ Drinking too much alcohol (more than 1 drink a day for women)
- ❖ Doing little exercise
- ❖ A diet low in dairy, calcium, &and vitamin D

You Cannot Change:

- ❖ Being a woman over the age of 50
- ❖ Having a small, thin body
- ❖ Family history of osteoporosis or fractures after age 50
- ❖ Having rheumatoid arthritis, type 1 diabetes, premature menopause (before age 45), asthma, or lupus
- ❖ Had a fracture from doing regular daily activities or falling from a standing or sitting position

How Do I Get Tested?

- Osteoporosis is diagnosed with a bone density test (DXA). It is a painless X-Ray and does not require an injection
- Bone density test (DXA) is available at the Miami VA and is coming soon to the Broward Clinic!

What Can I Do?

Get Enough Vitamin D

- Vitamin D helps the body take in calcium & strengthens bones
- Eat foods rich in vitamin D or take vitamin D supplements
- Talk to your doctor about how much is right for you

Make Sure to Take Your Daily Recommended Dose of Calcium

- Women younger than 50 need at least 1,000 mg of calcium daily
- Women over age 50 need at least 1,200 mg daily

Eat Foods Rich In Calcium

- 300 mg of calcium in one serving of dairy product
- Dairy products (low-fat milk, cheese and yogurt), cereal and orange juice with added calcium

Exercise

- Exercises that prevent bone loss use gravity or are weight-bearing (walking, dancing)
- Exercising for 30-60 minutes a day, 5 days a week at moderate intensity can help keep bones strong

Resources

For more details on bone health and osteoporosis visit our websites at:
steam.varesearchfoundation.com
 OR
www.miami.va.gov/menopause/Other_Conditions

Meet the Staff

Janet Dapprich, MS Ed, CTRS, VHA-CM



Ms. Dapprich received her undergraduate BS in Therapeutic Recreation (1998) at Florida International University. She then went on to receive a MS in Adult Education in 2010. She began her work at the Miami VA as a paid intern in 1998. Due to her success, her position was quickly converted into a full-time position in the Nursing Home. She then transitioned to Mental Health where she remained for 10 years. In June 2008, Ms. Dapprich accepted the position of Veteran

Health Education/MOVE! Coordinator, where she remains today.

Ms. Dapprich credits the early passing of her mother and aunt, both in their early 60's, from heart disease for her passion in women's health. At the time of their deaths she made a personal vow to make a difference in this field.

Since then she has committed herself to women's health and health-related issues. She **loves** working FOR the Veterans and often tells them –“you worked for me and now it is my privilege to work for you”.

This month marks Ms. Dapprich's 17th anniversary with the Miami VA Health Care System. Happy anniversary Jan and thank you for all you have done during your time with us!

VA Links

www.myhealth.va.gov

This is the link to the My HealthVet page. There you can learn all the ways it can help you stay connected to your healthcare team, how to enroll, reorder medications, etc. Once enrolled in the My HealthVet you can participate in our MEANS program.

Contact Info:

For information on VA STEAM, our Newsletter content or suggestions please contact:

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For information on VA Women's Health Programs please contact:

Barbara Singleton

Women Veteran's Programming Manager

305-575-7000 ext. 4513

Dr. Panagiota Caralis

Women Veteran's Medical Director

305-575-3206

Your Women's Health Team

Women's Health Providers

Mercy Thomas, ARNP (Miami)

Dr. Beatriz Triana (Miami)

Dr. Mrinalini Sehgal (Miami)

Jocelyn Lauture, ARNP (Homestead)

Dr. Irene Bahta (Hollywood)

Leah Marcovitz, ARNP (Hollywood)

Melissa Impallomeni, ARNP (Key West)

Dr. Ewa Solski, (Deerfield)

Amarilis Ayala, ARNP (Broward)

Women's Health Clinic

Barbara Singleton (Women Veteran's Programming Manager)

Dr. Panagiota Caralis (Women Veteran's Medical Director)

Dr. Luis Berrios-Rivero (Gynecologist)

Laura Bargas (Gyn Nurse)

Women's Health Pharmacist

Maribel Toro (PharmD)

Breast Health

Dr. Marlene Fletcher (Radiologist)

Mercy Gonzalez (Mammography Tech)

Jennifer Perez (Mammography Tech)

Nutritionist

Katrina Guzman MS, RD, LDN