

Table-1: Personal & Home Fall Evaluation & Correction

<p><i>Lighting</i></p> <ul style="list-style-type: none">✓ Place switches/lamps at room entrances✓ Provide extra lighting, especially along paths and stairways✓ Use nightlights, 100- to 200-watt bulbs✓ Keep a flashlight with fresh batteries by the bed for night use
<p><i>Floors and hallways</i></p> <ul style="list-style-type: none">✓ Keep home environment neat and tidy✓ Remove low-lying or difficult to see objects✓ Provide non-skid rugs and carpet runners✓ Replace sliding throw rugs with non-skid rugs or place pads beneath rugs✓ Tape down all carpet edges prone to curling✓ Remove or place carpet over sills to create smooth transition✓ Remove all loose electrical and telephone wires
<p><i>Bathrooms problems</i></p> <ul style="list-style-type: none">✓ Install elevated toilet seats✓ Install grab bars in bathtubs or showers✓ Apply non-skid strips, rubber mats or decals to shower or bathtub floor✓ Place non-skid mat on bathroom floor✓ Install a seat in the bathtub or shower
<p><i>Stairway problems</i></p> <ul style="list-style-type: none">✓ Install cylindrical handrails✓ Apply non-skid treads to steps
<p><i>Furniture problems</i></p> <ul style="list-style-type: none">✓ Replace low furniture with higher or thicker furniture✓ Provide chairs with armrest support

Storage problems

- ✓ Keep frequently used items at waist level
- ✓ Use “reach” device to obtain objects

Personal Safety

- ✓ Watch out for small pets or children in home or outdoors
- ✓ Use handrails when going up or down stairs
- ✓ Wear shoes that grip well (non-skid rubber soles)
- ✓ Always look where you are going (be cautious of uneven surfaces or icy spots)
- ✓ Clean up spills immediately so you do not slip
- ✓ Rise slowly from a seated position
- ✓ Visit ophthalmologist annually (ensure adequate vision correction)

Table-2: Calcium and Vitamin D recommendations

Group	National Institutes of Health		National Osteoporosis Foundation	
	Calcium	Vitamin D	Calcium	Vitamin D
Infants Birth to 6 mo 6-12 months	400 600			
Children 1-5 years 6-10 years	800 800- 1200			
Adolescents/young adults 11-24 years	1200- 1500	600-800		

Women				
25-50 years	1000	600-800	1200	
>50 years (postmenopausal)				
On estrogen	1000	600-800	1200	
Not on estrogen	1500	600-800	1200	
Over 65 years	1500	600-800	1200	400-800
Pregnant and nursing	1200- 1500	600-800		
Men				
25-65 years	1000	600-800	1200	
Over 65 years	1500	600-800	1200	400-800

Table-3: Elemental Calcium Content of Selected Foods

Foods	Content Elemental Calcium (mg)	Foods	Content Elemental Calcium (mg)
Milk, 1 cup (skim, lowfat, whole)	290-300	Calcium-fortified orange juice, 1 cup	300
Yogurt, 1 cup	240-415	Salmon, canned with bones, 3 oz.	167-210
Frozen yogurt, 1 cup	180-240	Sardines, canned with bones, 3 oz.	372
Swiss cheese, 1 oz.	250-270	Shrimp, canned, 3 oz.	98
Cheddar, mozzarella, or muenster cheese, 1 oz.	205	Collard greens, cooked, 1 cup	357
Ricotta cheese, 4 oz.	335	Broccoli, cooked, 1 cup	100-180
Cottage cheese, 4 oz.	78-100	Soybeans, cooked, 1 cup	131
Vanilla ice cream, 1 cup	176-200	Tofu, 4 oz.	108-155
Soft-serve vanilla ice cream, 1 cup	236	Almonds, 1 oz.	75

- Food labels are based on a RDA of 1000mg/day; e.g., product containing 30% calcium = 300 mg
- Many breakfast food are fortified with calcium
- Milk is fortified with vitamin D

Table-4: Over-the-counter Calcium Supplements

Name	Type of calcium	Strength per tablet (mg)	Elemental calcium (mg)
Caltrate® Caltrate + D®	Calcium carbonate Calcium carbonate + vitamin D	1500 1500	600 600 + 200 IU Vit D
Oyster shell calcium Oscal® and generics	Calcium carbonate	1250	500 (Vit D in some formulations)
Tums® Tums EX® Tums ULTRA® (Generics available)	Calcium carbonate	500 750 1000	200 300 500
Viactive®	Calcium carbonate	1250	500 + 100 IU Vit D
Citracal® Citracal + D®	Calcium citrate	950 1500	200 315 + 200 IU Vit D
Posture® Posture-D®	Calcium phosphate	1500 1500	600 600 + 125 IU Vit D

- % Elemental calcium: Calcium carbonate = 40%; Calcium citrate = 21%
- Calcium carbonate is best absorbed when taken with food
- Viactive also contains vitamin K – use cautiously if on warfarin
- Many multivitamins will contain 400 IU of vitamin D, but usually do not contain enough calcium.

Table-5: Summary of FDA-indications and Doses:

Drug	Prevention PMPW	Treatment PMPW	Prevention Men	Treatment Men	Prevention GIOP	Treatment GIOP
Alendronate (Fosamax®)	5mg po qd 35mg po qweek	5mg po qd 35mg po qweek	NI	10 mg po qd 70 mg po qweek	NI	5 mg po qd 10 mg po qd#
Risedronate (Actonel®)	5 mg/day 35 mg/week	5 mg/day 35 mg/week	NI	NI*	5 mg po qd	5 mg po qd
Ibandronate (Boniva™)	2.5 mg po qd#	2.5 mg po qd#	NI	NI	NI	NI
Raloxifene (Evista®)	60 mg po qd	60 mg po qd	NI	NI	NI	NI
Calcitonin (Miacalcin®)	NI	200 IU intranasal qd	NI	NI	NI	NI
Teriparatide (Forteo™)	NI	20 mcg SC qd	NI	20 mcg SC qd	NI	NI
Hormone Replacement	Various	NI	NI	NI	NI	NI
Testosterone Replacement	NI	NI	NI	NI	NI	NI

NI = not indicated by the FDA

FDA-approved, but not available

* Trials are ongoing; preliminary results show increases in BMD and reduction in vertebral fractures

10 mg po qd for postmenopausal women not on ERT/HRT