

# Be bone smart

DID you know we have over 200 bones that need our care to stay healthy and strong?

Bone health is something we often take for granted until we face a problem.

Our bones are amazing—they're flexible yet strong, allowing us to move and protecting our vital organs.

During childhood, our bones grow, they have a big growth spurt during adolescence, and in adulthood, they're constantly being rebuilt in a process called 'remodelling.'

But when bones become weaker and less dense, the risk of fractures increases.

Poor bone health causes over 173,000 broken bones each year.

Alarmingly, more than 1 million Australians have osteoporosis.

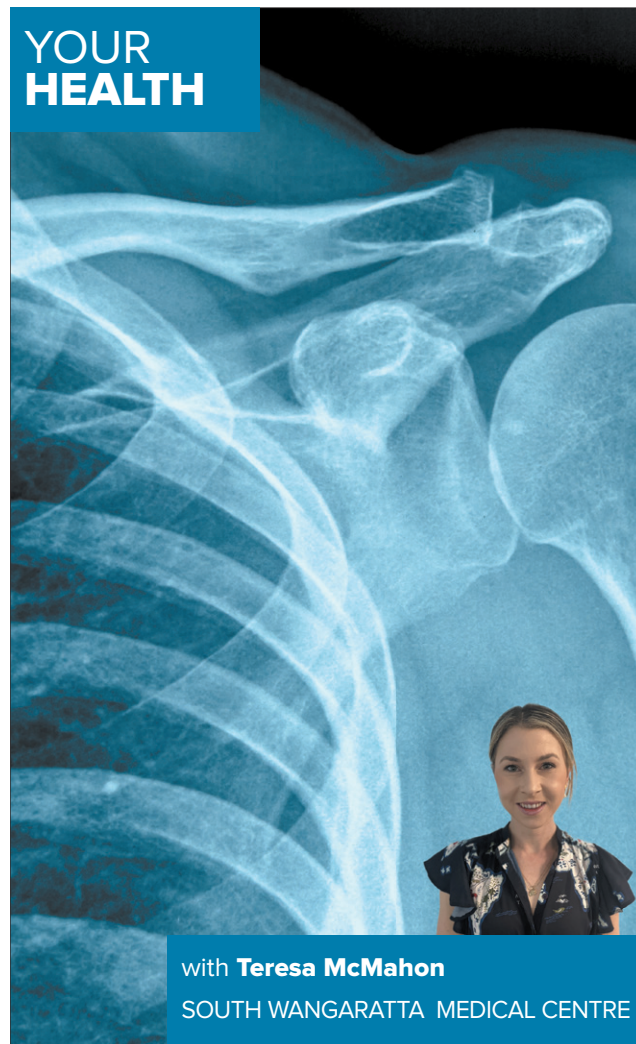
Among those aged 50 and over, 66 per cent have osteoporosis or osteopenia (low bone density).

Many conditions and some medications can affect bone health, and factors like family history, diet, and lifestyle also play a role.

**Here are some specific risk factors:**

- Being female.
- Having a relative with an osteoporotic fracture.
- Inadequate dietary calcium.
- Low vitamin D levels.
- Cigarette smoking.
- Alcohol intake over two standard drinks per day.
- Caffeine intake over three cups of coffee per day.
- Lack of physical activity.
- Early menopause (before age 45).
- Loss of menstrual period linked to reduced estrogen (vital for healthy bones), often due to excessive dieting and exercise.
- Long-term use of medications like corticosteroids

## YOUR HEALTH



with **Teresa McMahon**  
SOUTH WANGARATTA MEDICAL CENTRE

◆ **BONE SMART: It's important to keep your bones healthy.**

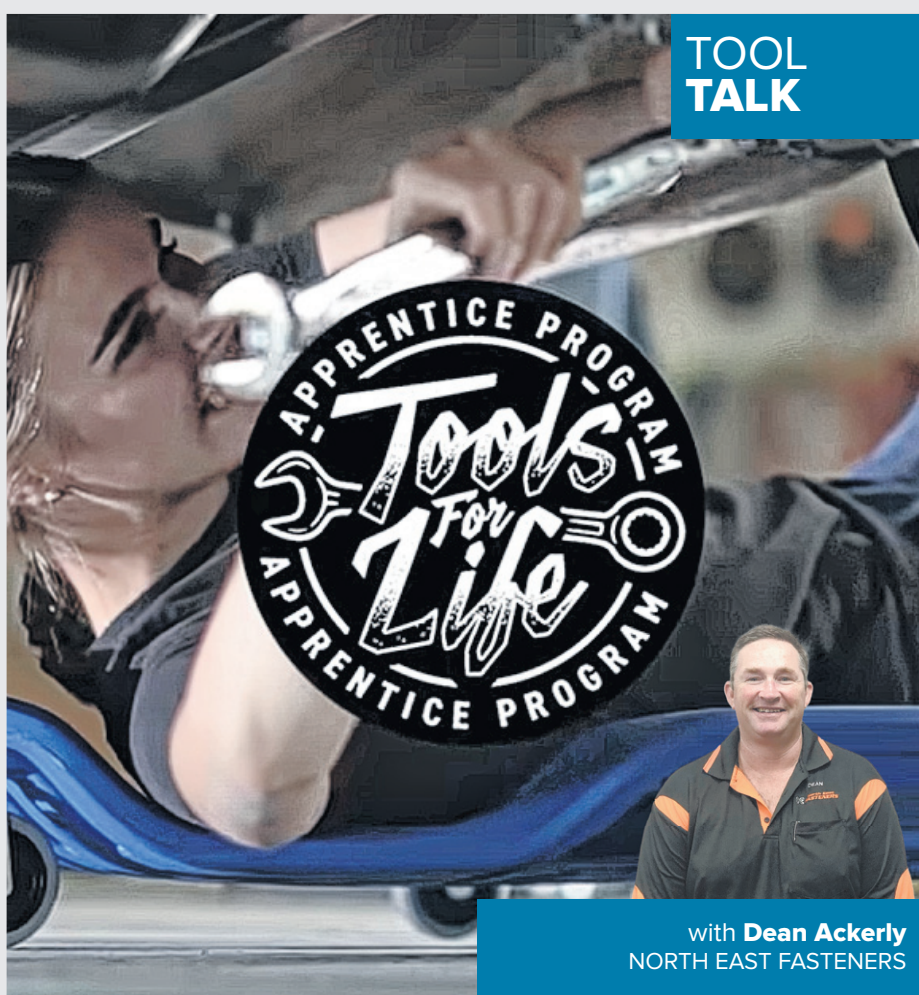
- for conditions such as rheumatoid arthritis and asthma.
- Thyroid disease or an over-active thyroid gland.
- Rheumatoid arthritis.
- Chronic liver and kidney disease.
- Certain eating disorders.
- Conditions affecting nutrient absorption, such as Crohn's disease, celiac disease, and other inflammatory bowel conditions.

**So, what can you do to protect your bones?**  
**Here are some tips:**

- Eat a healthy, varied diet rich in calcium.
- Get enough vitamin D
- Avoid smoking.
- Limit alcohol and caffeine consumption.
- Engage in regular weight-bearing and strength-training exercises.

If you recognise any of the risk factors in yourself, the best step is to talk to your GP about your bone health.

They can work with you to keep your bones as strong as possible for as long as possible.



with **Dean Ackerly**  
NORTH EAST FASTENERS

◆ **CAREER HEADSTART:** The Tools for Life program ensures apprentices have everything they need to start their careers.

## Setting apprentices up for life with right gear

THE Kincrome Tools for Life Program is back on and aims to set apprentices up for the best start to their career.

The program is filled with a broad range of tool kits to suit any apprentice from a variety of trades.

Tool kits within the program are designed with the apprentice in mind and range from simple chest tool kits to large workshop tool kits with over 500 pieces.

If an apprentice purchases one of the tool kits from the Tools for Life Program, they will also qualify for a free redemption product.

With 24 tool kits from the Evolution, Con-

tour and Off-Road ranges, the potential is limitless.

This includes the Evolution 277 piece Workshop Tool Kit.

This tool kit has many premium features and trade tough tools for the professional user with a price that is also suitable for the home user.

The Evolution range is designed in Australia and allows for value for money without compromising quality.

**For more information on the Tools for Life Program, visit <https://www.kincrome.com.au/tfl>.**

**KINCROME**

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