

Low Bone Density Linked to Heart Disease

On his Web site, Dr. Reginald B. Cherry cites a study published in the American Journal of Epidemiology claiming an increase in the risk of heart disease for women with low bone density. Cherry says, "This study suggest that women who take steps early in life to keep their bones strong, or boost their bone density once weakness appears, may not only prevent osteoporosis but may prevent heart disease as well."

In addition to eliminating smoking and drinking alcohol, Cherry recommends physical activity and the proper balance of nutrients including calcium (1,000 mg a day under age 50 and 1,200 mg over age 50) to strengthen and support bone tissue. For more information, visit his Web site at