



Bone Health

Where Would You be Without Your Bones?

The bones that make up your skeleton are all very much alive, growing and changing all the time like other parts of your body. The outer surface of a bone is called the periosteum (pare-ee-OS-tee-um). It's a thin, dense membrane that contains nerves and blood vessels that nourish the bone.

The next layer is made up of compact bone that is smooth and very hard. It's the part you see when you look at a skeleton. Within the compact bone are many layers of cancellous (KAN-sell-us) bone, which looks like a sponge. Cancellous bone is not quite as hard as compact bone, but it's still very strong.

Strains and Sprains: Such a Pain

Muscles contract and relax just like rubber bands to help your bones, and your body, move more efficiently.

A strain occurs when the muscles have been stretched too far (neck, back, feet, and legs).

A sprain occurs when ligaments are overstretched. Ligaments are what hold the bones together in the joint capsules.

Calcium = Strong Bones

Here's a quick guide to getting the proper amount of calcium based on your age:

- 1 to 3 years old: 500 milligrams per day
- 4 to 8 years old: 800 milligrams per day
- 9 to 18 years old: 1,300 milligrams per day

What's your favorite source of calcium? Here are some popular foods and the amount of calcium in each:

- Milk (1 cup): 300 milligrams
- Yogurt (1 cup): 450 milligrams
- Cheese - hard (1 ounce): 200 milligrams

Bone Health Quiz

Test your bone health knowledge with these questions and then check the answers below.

What is the smallest bone in your body?

- A. Patella
- B. Thigh
- C. Teeny
- D. Stirrup

Where do bones connect?

- A. Joint
- B. Ligament
- C. Rest stops
- D. Rib cage

How many bones does an adult human have?

- A. 500
- B. 110
- C. 206

Answers: D, A and C

443-444-4100 **PHONE**

MedStarGoodSam.org

Knowledge and Compassion

Focused on You