

Bone Health

Why is Bone Health Important?

- As we age, there is potential for a loss of bone density. The risk is increased as part of weight loss journeys, especially weight loss at a rapid pace. Most hit peak bone mass by around age 30, with declines more rapid for females during the menopause years.
- Low bone density puts us at higher risk for osteopenia and osteoporosis, which raises our risk for bone fractures.
- Certain health factors can increase risk of fracture due to acceleration of bone loss, such as specific medications (steroids, hormone therapies for breast and prostate cancer, and treatment for certain gynecological conditions), as well as weight history and habits during adolescence to adulthood.



How to Improve Bone Health

- Have any testing/scans done at appropriate timing as recommended by your doctor depending on age/medical history.
- Stay consistent with any prescribed vitamins & minerals, especially focusing on intake of calcium, phosphorus, magnesium, zinc, copper, Vitamin D, and Vitamin K.
- Consume a well balanced diet containing lean protein, colorful fruits and vegetables, and healthy complex carbohydrates. Excluding food groups may lead to vitamin/mineral deficiencies.

Interested in learning more about your bone health and overall body composition? Schedule a DEXA scan today!

References:

"November/December 2025 Digital Edition - Today's Dietitian Magazine." *Today's Dietitian Magazine*, 2025, www.todaysdietitian.com/november-december-2025-digital-edition/#23. Accessed 5 Jan. 2026.

Recipe Corner:

No Bake Peppermint Protein Bites

Ingredients:

- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup peanut butter
- 1/4 cup protein powder, chocolate
- 1/8 tsp peppermint extract
- Sprinkle of salt
- Optional: 2 tbsp sugar free chocolate chips



Steps:

1. In bowl, mix all ingredients together by hand or using food processor until smooth. Add a splash of water if needed.
2. Form bites into a ball shape (approximately 10 bites).
3. Chill in the fridge for 2-3 hours.

Nutrition information (per bite): 115 calories, 6g protein, 11g carbs, 5g fat

Recipe adapted from: Celebrate Vitamins

Support After Bariatric Surgery

Join us for our monthly support groups, open to pre and post surgery patients of Atlanta Bariatrics!

*times/dates may vary - please check the calendar on our website for more details or call the office

Join our Facebook Support Group! *"Atlanta Bariatrics Patient Support Group"*

In addition, Bariatric Fusion, Bariatric Advantage, and Unjury host monthly support groups virtually.