



Ada Bone & Joint Clinic

brings you

Common Sense in Medicine

By

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Start now, before its too late

The saying goes "If I had known I was going to live this long I would have taken better care of myself". It was probably said by someone in his forties. That seems to be the age when we start realizing we are not as young as we used to be. Changes like our hair turning grey, and poor eyesight are not preventable, but hair color and surgery help.

Changes that are preventable but are not as obvious are the changes in our bones and joints. We frequently don't have pain in our joints at that age and certainly don't realize our bones are getting weaker unless we break something. But, we should be "taking better care of ourselves" starting as early as our thirties.

After age 30, if we lose calcium from our bones it is much more difficult to replace. We keep calcium in our bones by doing weight bearing activities like walking and lifting weights, and taking calcium, vitamin D and magnesium. These must be done regularly because any period of time without these causes the bones to weaken.

The cartilage coating in our joints will also wear out if we don't take care of them long before we have symptoms. Any injury to a joint will cause that joint to wear out faster. Excess weight, either fat or stuff we carry, increases wear and tear in our joints. Abnormal positions like squatting, kneeling or sitting on our feet accelerate wear. To improve our joints we need to strengthen and move them. This distributes the fluid and avoids pressure points on the cartilage. Glucosamine HCL, a food supplement, taken twice daily lubricates and provides nutrients to the joints.

At my office we screen patients for osteoporosis or take standing x-rays of the knees to evaluate the cartilage coating, but the sooner we start taking care of ourselves the better.

Protect your bones and joints before it is too late.

By David Hubler M.D.

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