

**Mayo Clinic Medical Edge**  
**Vitamin D & Osteoporosis**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	HEALTHY LIVING IS A WAY OF LIFE FOR CAROL CARLSON.
<b>Carol Carlson</b>	"I WAS A RUNNER. I PARTICIPATED IN 7 MARATHONS."
	NOW CAROL KEEPS FIT BY EXERCISING AND TAKING SUPPLEMENTS SUCH AS CALCIUM FOR STRONG BONES.
	BUT A NASTY BROKEN BONE REVEALED THAT CAROL'S BONES WERE NOT BENEFITTING FROM ALL THAT CALCIUM. WHY? MAYO CLINIC DR. MARY O'CONNOR SAYS CAROL'S BODY DIDN'T ABSORB THE CALCIUM BECAUSE SHE

	DIDN'T HAVE ENOUGH VITAMIN D.
<b>Mary O'Connor, M.D.</b>	IF WE DON'T HAVE THE VITAMIN D, THEN WE CAN'T GET THE CALCIUM INTO OUR SYSTEM TO HELP STRENGTHEN OUR BONES.”
	VITAMIN D TELLS THE BODY WHEN TO ABSORB THE CALCIUM FROM THE FOOD YOU EAT. ONLY THEN CAN IT GET INTO YOUR BONES TO HELP STRENGTHEN THEM.  VITAMIN SUPPLEMENTS AS WELL AS FISH, EGGS AND FORTIFIED MILK ARE GOOD SOURCES OF VITAMIN D, EVEN JUST SPENDING A FEW MINUTES IN THE SUN CAN HELP.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I'M VIVIEN WILLIAMS.

