

# Take charge of your bone health!

Julia Ayers, Nutrilite Communications Specialist

Preventive health screenings are essential to achieving and maintaining Optimal Health. Now you have yet another opportunity to protect yourself from a potential health risk right here at the Nutrilite Health Institute (NHI) Center for Optimal Health (COH).

The NHI COH recently acquired a machine that uses cutting-edge technology to screen at-risk guests for osteoporosis. This device, called a central DXA (dual energy x-ray absorptiometry) machine, uses x-ray technology, but with lower-than-usual levels of radiation in order to obtain the diagnosis at the hips or lower spine.

Osteoporosis is a debilitating, though preventable and treatable, disease in which bones become fragile and prone to breakage. Osteoporosis is accelerated by smoking, excessive alcohol, older age, inactivity, low dietary intake of calcium, lower sex hormones, or medications like steroids or seizure medicines.

An initial screening for bone loss has also been included in the Nutrilite Experience health screening process. Participants are first tested with an ultrasound screening device called Quantitative Ultrasonography, which screens the heel of the foot to test for initial bone thinning, or osteopenia. Nutrilite Experience participants whose heel-screening test shows them to be at risk for osteoporosis can then receive additional information right here at the Center for Optimal Health.

## Did you know?

- 80–90% of adult bone mass is acquired by the age of 18 in females
- 55% of Americans 50 years and older are estimated to have some degree of risk to develop the disease
- Approximately 1.66 million hip fractures occur each year globally due to osteoporosis, and this incidence is expected to increase 4-fold by the year 2050
- 80% of those affected by osteoporosis are females
- 20% of non-Hispanic Caucasian and Asian women over the age of 50 are estimated to have osteoporosis, and 52% have low bone mass
- 5% of non-Hispanic black women over 50 have osteoporosis, and it is estimated that 35% have low bone density
- 10% of Hispanic women 50 years of age or older have osteoporosis and 49% have bones that are thinner than they should be



Dr. Duke Johnson conducts osteoporosis screening using the dual energy x-ray absorptiometry (DXA) machine

"At Nutrilite we continually desire to seek cutting edge-scientifically solid testing methodologies to assist in teaching participants how to best protect their health. We will continue to be leaders in this field," said Dr. Duke Johnson, Medical Director of the Nutrilite Health Institute Center for Optimal Health. "We seek to inform them of how to best achieve optimal health."



The Scientific Advisory Board includes Sam Rehnborg, Ph.D., Thomas Slaga, Ph.D., Junshi Chen, M.D., Kenneth Komman, D.D.S., Ph.D., Stephen Fortmann, M.D., Artemis Simopolous, M.D., Hoyoku Nishino, M.D., Z. C. Ho, Ph.D., and Ruth DeBusk, R.D., Ph.D., Young-Joon Surh, Ph.D. (not pictured)

# Scientific Advisory Board Meets

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*The Nutrilite Health Institute Scientific Advisory Board (SAB) is a ten-member board comprised of leading scientists in the fields of nutrition, health and genetics from around the world. The board holds two meetings per year to guide the future of the NUTRILITE™ brand, lending their expertise and knowledge of the rapid changes in their specific fields directly into the research and development process at Nutrilite.*

The SAB's first meeting of 2008 was held February 18–19 at the Nutrilite Health Institute Center for Optimal Health and hosted by Audra Davies, Director of Nutrition Product Development. The meeting focused on four primary areas:

- 1. Ongoing research program updates**
- 2. New research program updates**
- 3. New product concepts and emerging issues**
- 4. Nutrilite Health Institute programs**

One of the topics covered was the new technology available in the Center for Optimal Health to test and diagnose osteoporosis. Research Scientists Dr. Yumei Lin, Dr. Mary A. Murray and Dr. Shyam Ramakrishnan spoke to the SAB regarding the research and opportunity behind the technology, while Medical Director Dr. Duke Johnson explained the proposed guidelines for usage of the machine. This new technology is “an expansion of the health screening and risk-reduction education that is already well established at Nutrilite,” explained Dr. Johnson.

A panel including the SAB and Nutrilite technical staff discussed such topics as:

- What is your vision of optimal health for the world?
- How do you see your role in research and as a member of the NHI SAB in helping move the world and Nutrilite down this path in a more effective fashion?
- What is the greatest unmet nutritional need facing today's consumers?

In addition, the SAB was treated to more informative presentations by Nutrilite research scientists on topics ranging from product development to specific health concepts.

The SAB will re-convene in the fall.

