

NUTRITIONAL AND HEALTH RELATED RECOMMENDATIONS

1. Over-the-counter Women's multivitamin or prescription prenatal vitamins containing at least vitamin B complex, iron, folic acid and omega-3
2. Calcium -1200- 1500 mg per day (2 - Oscal with D "or" 2 - Posture with D)
3. Vitamin D3 (1000 - 2000 international units per day)
4. Omega-3 (1000 - 2000 mg per day)
5. REGULAR exercise – 30 to 60 minutes per DAY; both aerobic (running, walking, swimming) and anaerobic (weight lifting/weight bearing)
6. Improved nutrition (eat healthy breakfast daily) – Mediterranean diet
7. AVOID smoking at all costs; alcohol to excess; fried, fatty greasy foods (fast foods); eating late at night before bedtime; LESS red meat – MORE fish, turkey and chicken (NO SKIN); consume less carbohydrates (ie. bread and pasta)
8. Additional fruits, vegetables; and WATER – at least 64 ounces of water per day
9. Weight loss, if necessary. If you already demonstrate a normal weight, improvement in tone and stretching with yoga is strongly recommended. Avoid obesity and hypertension
10. Occasionally, low-dose aspirin — 81 mg per day is recommended assuming you do NOT have ASTHMA. The number one KILLER in women is heart disease, NOT cancer (although breast and lung cancer are the two highest cancers in women)
11. Bone density study baseline (depending upon age) to evaluate bone strength/calcium reserves (osteopenia/osteoporosis) to be repeated every two – three years, if and when necessary
12. "Possible" initiation of ESTROGEN hormone replacement therapy (HRT), if necessary, depending upon individual PERSONAL desires and possible RISK factors according to the Women's Health Initiative Study recommendations and guidelines
13. Baseline mammogram depending upon individual family history of breast cancer – general recommendation is a "baseline" mammogram (and possible, breast ultrasound) between the ages of 35 - 40 with "yearly" mammograms after age 40 with "monthly" self breast checks and "yearly" physician checks; "yearly" complete history and physical exam, weight and blood pressure, Pap smear and transvaginal ultrasound and blood count (CBC) and "fasting" chemistry profile (with blood sugar and insulin); and CA -125 (ovarian cancer screen) depending upon family history and generally, age 50 and older