



**Payroll Bulletin Board:** Checks/EFT Released this month: July 25; next month: August 27

## Preventing Hip Fractures

Each year in the United States, some 329,000 people experience a hip fracture. Breaking a hip is serious. It can lead to immobility, isolation, depression, and early mortality. In fact, 1 out of 5 persons who break a hip will die within the first year. Hip fractures are also very costly in medical care and long-term support. This is the bad news. The good news is that you can do something to lower your risk of a hip fracture.

**A recent report from the Women's Health Initiative or Study of Osteoporosis Fractures** reveals new insights into the cause for hip fractures and steps you can take through better nutrition and physical activity to lower your risk. The study followed more than 93,000 postmenopausal women for 7.6 years, so it is one of the largest studies ever reported. During the 7.6 years there were 1,132 hip fractures. Here are the most predictive risk factors of increased risk for a hip fracture.

**Increasing age** was the strongest predictor. There is not much you can do about having birthdays, but as you get older it is even more important that you eliminate any modifiable risks and take positive steps to insure healthy bones. It's never too late to start

with a bone-healthy lifestyle but the sooner you start, especially in the teen years, the better your chances of preventing a hip or other bone fracture.

**Self-reported health perception.** People who rated their health as fair or poor (versus excellent) were 2.38 times more likely to have a hip fracture. Taking good care of your health so you feel good is critical to your future health and well-being.

**Race/ethnicity.** Light-colored races and American Indians are at significantly higher risk of a hip fracture than African-American, Asian-American, and Hispanic races.

**Inactivity.** Inactive persons had a 64% increased risk of hip fractures. Regular, weight-bearing activity helps the bones maintain good strength. Brisk walking, jogging, jumping rope, and playing active sports all help prevent osteoporosis. Aim for at least 30 minutes of activity daily.

**A separate 12-year study of hip fractures in men** showed similar results. Inactive men had a 62% increased risk of a hip fracture compared to men who participated in regular vigorous physical activity.<sup>2</sup>

**Lean weight.** Being lean is good for heart health, but being too lean can increase your risk for osteoporosis and hip fractures.

While it is always prudent to avoid obesity, being of moderate weight (neither too lean nor too fat) is good for healthy bones.

**Family history of fractures.** If a parent broke a hip, you have a 50% increased risk.

**Personal history of fractures.** If you broke a bone after age 54, your risk of hip fracture is increased by 74%.

**Tall persons** had an increased risk of hip fractures.

**Persons taking certain medications** (medicine for diabetes or corticosteroids by mouth) were at increased risk for a hip fracture (74-94% increased risk).

Researchers developed a prediction equation for hip fractures based on this research. You can determine your risk of a hip fracture in the next 5 years at <http://hipcalculator.fhcrc.org>.

Other research also points out the protective effects of a diet high in fruits and vegetables (especially leafy greens),

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and moderate in animal proteins. Getting adequate calcium and vitamin D have also been shown to help prevent fractures. Women who are age 65 or older are recommended to get a bone density scan to see how strong their bones are currently. Ask your doctor about this test. Your doctor may recommend a bone density test sooner if you are high risk for fractures (i.e., have multiple risks listed above).

**Reference:** Robbins J, et al. Factors associated with 5-Year risk of hip fracture in postmenopausal women. *Journal of the American Medical Association*. 2007;298(20):2389-2398.

Kujala UM, et al. Physical activity and osteoporotic hip fracture in men. *Archives of Internal Medicine*. 2000;160:705-708.

-- www.wellsources.com



## Eating Too Much Salt Weakens Bones

By Don Hall, DrPH, CHES

A high salt intake increases calcium loss from bones, especially in people with a marginal calcium intake.

In a study of 124 postmenopausal women, researchers found the higher the sodium (salt) intake, the lower the bone density. This reinforces the need to limit sodium consumption-- not only to prevent hypertension, but also to prevent osteoporosis (weak bones) and fractures. Researchers observed that people need to limit sodium intake to 1500 milligrams daily to prevent this excess loss of calcium that weakens the bones. Find the sodium content of common foods at [www.wel-source.org/handouts/Sodium-Content.pdf](http://www.wel-source.org/handouts/Sodium-Content.pdf).

- Gleaner Magazine

keep your shoulders back, and tuck your abs to avoid arching your lower back.

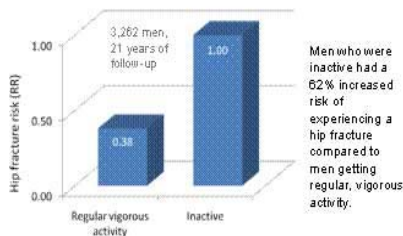
**Take quicker steps, not longer.** Your stride will lengthen as you pick up speed, but don't force yourself to take longer steps.

**Bend your arms.** Bring them up to a 90-degree angle, no more. Keep your elbow fixed. Your hands come to the center line in front of your body but do not cross. Faster arms will make faster arms will make faster feet.

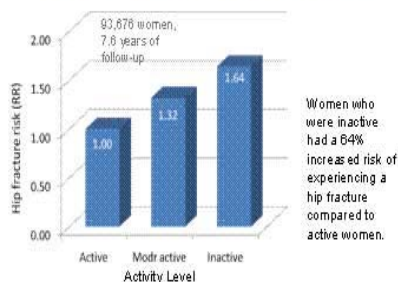
**Push off with your back foot for power.** Generate push at the end of each step as your leg prepares to swing forward and you feel as if you're showing the sole of your shoe to someone behind you.

- Gleaner Magazine

### Physical Activity and Risk of Hip Fracture in Men



### Physical Activity and Risk of Hip Fracture in Women



## Four Ways to Improve Your Walking Technique

On your next walk, think about these four ways you can improve your walking technique--tips that will benefit your walk and your health, suggests Mark Fenton, former host of the PBS series *America's Walking*.

**Stand Tall.** Posture matters. Focus on the horizon,

## The Retirement Plans Committee

Unlike other areas of the church that are able to make decisions and exceptions based on compassionate circumstances, the retirement department administers a plan which is subject to Internal Revenue Service code and government pensions laws. This means that we will try to help you as much as possible, but are required by the law and the Division to treat everyone equally, and not able or authorized

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## President's Corner

By Stephen Gifford

In addition to my duties with the NAD Retirees' Association, I serve as the moderator for *The American Religious Town Hall* television program. This is an inter-denominational panel of clergy which discusses religious, social, economic, and whatever other topic comes to mind.

Recently we had a Muslim Imam, Dr. Yusef Kavakci, as a guest. He is the first Imam I have ever met, and he is a genuinely kind, intelligent, educated and articulate man who despises the violence fomented by extremists. We taped 13 programs over 2 days, and unfortunately, the program featuring him was aired on Easter Sunday.

A California viewer wrote a very angry letter, excoriating us for our insensitivity in featuring a Muslim leader on a Christian holy day. She also felt that the panel

was decidedly anti-President Bush, and that we ignored many important subjects. I responded by apologizing for the Easter Sunday gaffe. Concerning President Bush, I pointed out that the panel is evenly split between Democrats and Republicans, but we allow panel members to freely express their views, and I hoped she would be tolerant of that.

Yesterday she sent another letter:



“Your kind letter caused me to realize I was wrong. It took your letter to remind me of my lack of love. I’m sorry and will try to be more tolerant.” Over the years we have all been in hostile situations, where we have a choice. React in kind, or react in kindness. My firm belief is – to always react with kindness. The Bible is correct when it says, “A soft answer turneth away wrath.” (Prov. 15:1) That is Jesus’ way. And it is the best way.

## News Notes

by Mort Juberg

**Simi Valley, California.** Pastors play an important role in including young adults in the church and encouraging women employed in ministry, GC President Jan Paulsen said in a recent telecast. Paulsen received comments and addressed questions from nine ministers in the United States and Canada during the unscripted show. Topics included age differences in congregations, women’s involvement in ministry, meeting the needs of several cultures in one church and funding for local churches.

**Silver Spring, Maryland.** The Adventist Development and Relief Agency (ADRA) is stepping up its assistance to survivors of a natural disaster in East Asia. ADRA workers were the first to deliver aid to stranded survivors in Myanmar’s isolated Pynsalu Islands two weeks since a cyclone struck the country’s coast. More than 78,000 people had died and 56,000 remain missing, according to the Associated Press.

**Bobbili, Andhra Pradesh, India.** Nearly three dozen religious and

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## Adventist Retirement Plans

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*Reporting a Death, Disability Reviews*

(News Notes. . . cont'd from p. 2)

young adults experienced total darkness. The group visited the Asian Aid School for the Blind near Bobbili. After helping to repair a local hospital the group arrived at the school to discover they would wear blindfolds for most of their stay.

**Loma Linda, California.** Reach for the pistachios, not the Doritos. Volunteer. And keep filling that glass as long as it is water. Simple lifestyle choices such as these that researcher and author Dan Buettner thinks can add 10 years to most people's lives helping them join ranks with cardiac surgeon Ellsworth E. Wareham who at 93 still picks up the scalpel on occasion to assist with surgery. Wareham

is one of several Adventists near or over the age of 100 who live in Loma Linda—what Buettner calls America's longevity oasis.

**Source:**

**Adventist News Network**

(The RPC . . . cont'd from p. 2)

to grant policy variances. The Retirement Plans Committee is only empowered to authorize benefits as specifically provided by policy. We understand that this means you don't always get the answer you would like, but it enables us to protect and continue the benefits the department provides for church retirees across North America.

--- The Retirement Plans Office

## Kenneth H. Wood Dies

Kenneth Wood, who retired after 16 years as editor-in-chief of the Adventist Review, and 28-year chairman of the Board of the Ellen G. White Estates, passed away in Potomac, Maryland at the age of 90. His wife of 69 years, Miriam Wood, a long time Review Columnist, died in March of this year.

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