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Antacids: Got your hips down?

A recent study suggests that long-term use of antacids increases the risk of hip fractures.

A study was published in the *Journal of American Medical Association* in December of 2006 regarding the connection between antacids and an increased risk of hip fractures. As it turns out, people, especially those over 50, have a higher risk of hip fractures if they are taking the common proton inhibitor pumps, such as Aciphex, Nexium, Prevacid, Prilosec and Protonix. In the study, the researchers found that taking an antacid for more than one year increased the risk of a hip fracture by 44 percent. With higher doses, over a long period of time, the risk increased by 2.6 times. The risk was increased as the dosage and duration of time that the medication was taken increased. It is speculated that the drugs block the calcium absorption in

some people. In order to best absorb Calcium, stomach acid is needed. The proton pump inhibitors are working against this very process, as they are working to slow the production of stomach acid.

Heartburn and reflux is not fun. Doctors prescribe these medications often without discussion of diet. Complications can be reversed through dietary and lifestyle changes. It's been proven that those who are more overweight have a higher tendency to experience burn, reflux, and discomfort, so try to get to a healthy weight. Also, eating more fruits and vegetables, eating less fried foods, and drinking less carbonated beverages and caffeine are helpful. Other tips include avoiding spicy foods, citrus, and tomato products as well as eating smaller meals more often instead of large meals. Try not to lie down after a

meal, as that also triggers the acids. Mint and chocolate have a tendency to also increase symptoms.

Often people are advised by a healthcare practitioner to take Tums as an easy way to get extra calcium. Tums are a mild form of antacid, so it may not be the best way to get calcium, especially if the Tums is blocking stomach acid. For an easy source of calcium, Viactiv offers a chewable form. Two chews is the equivalent of 1000 mg of calcium. Or, get three sources of low fat dairy. String cheese, low fat cottage cheese, and low fat yogurt make great snacks and satisfy your calcium quotient.

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Calcium Rich Foods

8 oz. Skim Milk – 300 mg	
1 cup Low Fat Yogurt – 400 mg	½ cup Broccoli – 60 mg
½ cup Low Fat Cottage Cheese – 100 mg	½ cup Spinach- 145 mg
1 cup Fortified Soy Milk – 400 mg	3 oz Salmon – 150 mg



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Asparagus is in!



In keeping with the food of the season topic, I wanted to talk about Asparagus. I was driving out towards Caroline last week and passed by a farm stand that was selling asparagus. Home grown, I thought - I needed to pick some up. Sweet, tender, and delicious, I was glad to pick up the fresh vegetable.

Asparagus is one of the first vegetables of the season. Easy to grow, although it needs some time to develop, asparagus is great in frittatas, risottos, soups, salads, and on its own!

Asparagus is very high in folate, potassium, low in calories and sodium. Asparagus is also notably high in rutin, which is a very powerful antioxidant. So

many reasons to eat asparagus!

One reason people often skip asparagus is because it has a very strong odor. When metabolized, asparagus produces sulfur-containing products that are then excreted in the urine. This is where the odor comes from. It won't last long, so don't let it discourage you from eating it!

Asparagus comes with very tough stems. Often, people will peel the stems or cut them. I find the best way to eliminate the tough stems is to bend the stalk gently. Where it starts to give and breaks is where it is no longer tough. You can use the tough stalk for a broth.



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Asparagus and Yellow Pepper Frittata

This makes a great dinner or brunch. Save the leftovers for an easy way to start the day during the week!

2 pounds asparagus
2 large yellow bell peppers
3 shallots
1-tablespoon butter
6 large eggs
6 egg whites
1/2 cup 1 % milk
3 tablespoons parsley leaf, chopped
1 1/2 teaspoons salt
1/4-teaspoon black pepper



Nutrition Facts:

(Per 12 Servings)
Calories: 100
Total Fat: 5
Saturated Fat: 2
Cholesterol: 152
Sodium: 358
Carbohydrates: 5
Fiber: 1
Protein: 9

Preheat oven to 350°F. Butter a 13 x 9 x 2-inch glass baking dish (3-quart). Trim asparagus and diagonally cut into 1/4-inch-wide slices. Cut bell peppers into 1/4-inch-wide strips and mince shallots. Have ready a bowl of ice and cold water. In a large saucepan of boiling water, blanch asparagus 1 minute and drain in a colander.

Immediately transfer asparagus to ice water to stop cooking. Drain asparagus well in colander and pat dry.

In a large skillet cook bell peppers and shallots in butter over moderately high heat, stirring occasionally, until peppers are softened, about 10 minutes. Cool briefly. In a large bowl whisk together eggs, milk, parsley, salt, and pepper. Stir in asparagus and bell peppers.

Preheat oven to 350. Pour into greased baking dish and bake in middle of oven until golden and set, about 35 minutes.

Cool briefly and serve.