**Anemia and Osteoporosis Assignment U3**

**Instructions**

Anemia Assignment

Complete and submit all work within this section by the due date indicated for this unit. Cut and paste the completed assignment into the submission box. **To do this, you must also submit an attached document. Please include both. It is difficult to open some attached documents. This slows down the grading process.**  Be sure to use correct sentence structure, spelling, grammar, and punctuation.

What do you know about Iron Deficiency? It is the most common nutritional disorder in the world. An estimated 4 -5 billion people (66 - 80% of the world's population) may suffer from Iron Deficiency. It is estimated that 2 billion people suffer from Iron Deficiency Anemia.

Reseach the topic of Iron Deficiency Anemia using reliable sources. A good place to start is mayoclinic.org. Search the topic of "anemia".

1. Explain (do not just list) at least 3 things you learned about Fe deficiency anemia. 1/4 page minimum

Part 2: Osteoporosis Assignment

As the American population has decreased their milk consumption and increased their soft drink consumption, there as been an increase in the incidence of osteoporosis. Our bones are getting weaker and thinner. But it is never too late to prevent further bone loss. Research the following questions using reliable web sources. Be sure to include the links to the list of sources in your response. A good place to start is "The National Institutes of Health Osteoporosis & Related Bone Disease National Resource Center", click on Osteoporosis. Another source is The international Osteoporosis Foundation. Information there will help you answer the following questions:

1. What is the percent of women over 50 that will have osteoporosis related fracture? Men?

2. List 3 risk factors for osteoporosis that you cannot change?

3. List 3 risk factor for osteoporosis that you can change?

4. Which risk factors do you have?

5. What can be done to prevent osteoporosis now?

6. What can be done to treat osteoporosis?

7. How much calcium do you need daily?

8. What is the role of vitamin D in bone health?

9. What are the best sources of vitamin D?

10. What is the role of magnesium in bone health?

11. What are the best sources of magnesium?

12. What is in soft drinks that leach calcium from bones? Why does this happen?