

Re: Dairy Lies.

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2005-11/msg00411.html>

- *From:* nospam@xxxxxxx
 - *Date:* Sun, 27 Nov 2005 07:39:51 GMT
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The complete article can be found at:

<http://www.ajcn.org/cgi/content/full/77/1/257#T1>

On Sun, 27 Nov 2005 07:04:51 GMT, nosoam@xxxxxxx wrote:

>1: Am J Clin Nutr. 2003 Jan;77(1):257-65. Related Articles, Links

>

>Milk intake during childhood and adolescence, adult bone density, and
>osteoporotic fractures in US women.

>

>Kalkwarf HJ, Khoury JC, Lanphear BP.

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>BACKGROUND: Calcium supplements increase bone mass in children, but the effect

>does not persist once supplementation is discontinued. OBJECTIVE: The objective

>of this study was to determine whether milk intake during childhood and

>adolescence, when controlled for current calcium intake, is associated with

>adult bone mass (ie, bone mineral content), bone mineral density, and the

>incidence of osteoporotic fracture. DESIGN: We used data from the third National

>Health and Nutrition Examination Survey of 3251 non-Hispanic, white women age

>>or=20 y. Bone density was measured at the hip. History of fracture of the hip,

>spine, or forearm was classified as a lifetime fracture (occurring after age 13

>y) or an osteoporotic fracture (occurring after age 50 y). Subjects reported

>frequency of milk consumption during childhood (aged 5-12 y) and during

>adolescence (aged 13-17 y). Regression models controlled for weight, height,

>age, menopause and use of estrogen, physical activity, smoking, and current

>calcium intake. RESULTS: Among women aged 20-49 y, bone mineral content was 5.6%

>lower in those who consumed <1 serving of milk/wk (low intake) than in those who

>consumed >1 serving/d (high intake) during childhood ($P < 0.01$). Low milk intake

>during adolescence was associated with a 3% reduction in hip bone mineral

>content and bone mineral density ($P < 0.02$). Among women aged >or=50 y, there

>was a nonlinear association between milk intake during childhood and adolescence

>and hip bone mineral content and bone mineral density ($P < 0.04$). Low milk

>intake during childhood was associated with a 2-fold greater risk of fracture (P

>< 0.05). CONCLUSION: Women with low milk intake during childhood and adolescence

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>have less bone mass in adulthood and greater risk of fracture.

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>PMID: 12499350 [PubMed – indexed for MEDLINE]

>

>

• *Follow-Ups:*

◆ **Re: Dairy Lies.**

◇ *From:* Pizza Girl

• *References:*

◆ **Dairy Lies.**

◇ *From:* banmilk

◆ **Re: Dairy Lies.**

◇ *From:* Sbharris[at]sign[ix.netcom.com

◆ **Re: Dairy Lies.**

◇ *From:* Pizza Girl

◆ **Re: Dairy Lies.**

◇ *From:* nosoam

• Prev by Date: **Re: Ozonated Water**

• Next by Date: **Re: Dairy Lies.**

• Previous by thread: **Re: Dairy Lies.**

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