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<b>Titolo</b>	Nutrition and Bone Health // edited by Michael F. Holick, Jeri W. Nieves
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<b>Collana</b>	Nutrition and Health, , 2628-1961
 <b>Disciplina</b>	 572 610 616.2 616.7
 <b>Soggetti</b>	 Nutrition Orthopedics Food science Orthopaedics Food Science
 <b>Lingua di pubblicazione</b>	 Inglese
 <b>Formato</b>	 Materiale a stampa
 <b>Livello bibliografico</b>	 Monografia
 <b>Note generali</b>	 Description based upon print version of record.
 <b>Nota di bibliografia</b>	 Includes bibliographical references at the end of each chapters and index.
 <b>Nota di contenuto</b>	 Part I. Basics of Nutrition and Bone Biology -- 1. Bone Health From An Evolutionary Perspective: Development In Early Human Populations -- 2. Gene-Diet Interactions On Bone -- 3. Bone Physiology: Bone Cells, Modeling, and Remodeling -- 4. Estrogens, Progestins, SERMs and Osteoporosis -- 5. Bone Biomechanics and the Determinants of Skeletal Fragility -- 6. Clinical and Research Applications of Bone Mineral Density Examinations -- 7. Nutritional Epidemiology: Nutritional Assessment and Analysis -- 8. Dietary Pattern Analysis in Nutritional Science Research: A Review of Current Evidence Relating Dietary Patterns to Indices of Bone Health and Fracture Risk -- 9. Nutrition and Oral Bone Status -- 10. Nutrition Counseling for Skeletal Health -- Part II. Nutrition and Bone: Effects of Life Stages and Race -- 11. Nutrition in Pregnancy and Lactation -- 12. Nutritional Requirements for Fetal and Neonatal Bone Health and Development -- 13. Nutrition and Bone Health During Skeletal Modeling and Bone Consolidation of Childhood and Adolescence -- 14. Calcium and Vitamin D for Bone Health in

Adults -- 15. Nutrition: to supplement or not to supplement the elderly -- 16. Nutrition and Skeletal Health in Blacks -- 17. Nutrition and Skeletal Health in Other Racial/Ethnic Groups -- Part III. Effects of Dietary Macronutrients -- 18. Food Groups and Bone Health -- 19. Vegetarianism and Bone Health in Women -- 20. Protein intake and bone health -- 21. Fat and Bone -- 22. Acid-Base Balance and Bone Health -- Part IV. Minerals -- 23. Quantitative Clinical Nutrition Approaches to the Study of Calcium and Bone Metabolism -- 24. Sodium, Potassium, Phosphorus, and Magnesium -- 25. Assessing Nutritional Requirements For Preterm Infants -- Part V. Fat-Soluble Vitamins/Micronutrients -- 26. Vitamin A and Bone Health -- 27. Vitamin D -- 28. Vitamin D Utilization in Subhuman Primates -- 29. Vitamin K's role in age-related bone loss: a critical review -- Part VI. Lifestyle Effects/Supplements -- 30. Smoking, Alcohol, and Bone Health -- 31. Exercise and Bone Health -- 32. Exercise, Nutrition and Bone Health -- 33. Body Weight/Composition and Weight Change: Effects on Bone Health -- 34. Nutraceuticals and Bone Health -- Part VII. Nutrition Related Disorders and Secondary Osteoporosis -- 35. Eating Disorders and their Effects on Bone Health -- 36. The Role of Nutrition for Bone Health in Cystic Fibrosis -- 37. HIV/AIDS and Bone Health: The Role of Nutrition -- 38. Celiac Disease and Bone Health -- 39. Dietary Factors and Chronic Low Grade Systemic Inflammation in Relation to Bone Health -- 40. Impact of Nutrition on Medications for Osteoporosis -- 41. Nutrition and Bone Health in Space.

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#### Sommario/riassunto

This newly revised edition contains updated versions of many of the topics that were in the first edition and has been substantially expanded with an additional 5 chapters. Each chapter includes information from the most up-to-date research on how nutritional factors can affect bone health, written with an evidence-based focus and complete with comprehensive references for each subject. Nutrition and Bone Health, second edition covers all aspects of nutrition and the skeleton, from the history and fundamentals, to the effects of macronutrients, minerals, vitamins, and supplements, and even covers the effects of lifestyle, the different life stages, and nutrition-related disorders and secondary osteoporosis. Hot topics include the vitamin K story, nutraceuticals and new information about biomechanics of bone. New chapters include HIV & AIDS and the skeleton, celiac disease and bone health, and nutrition and bone health in space. Nutrition and Bone Health, second edition is a necessary resource for health care professionals, medical students, graduate students, dietitians, and nutritionists who are interested in how nutrition affects bone health during all stages of life.

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