

Dried plum prevents and reverses bone loss in ovariectomized, orchidectomized and aging animal model as well as postmenopausal women

Shirin Hooshmand

San Diego State University, USA

Osteoporosis is a debilitating disorder that affects both female and male, albeit to a greater extent in women than men. As the demographic shift to a more aged population continues, a growing number of men and women will be afflicted with osteoporosis and a search for non-pharmacological alternative therapies for osteoporosis is of prime interest. Aside from existing drug therapies, certain lifestyle and nutritional factors are known to reduce the risk of osteoporosis. Functional foods and/or their bioactive compounds playing a role in improving skeletal health have received considerable attention. Among functional foods, recent observations suggest that dried plum or prune (*Prunus domestica L.*) is able to prevent bone loss due to ovarian hormone deficiency. Animal studies, a 3-month and one-year clinical trial conducted in our laboratories have shown that dried plum is the most effective fruit in both preventing and reversing bone loss and has positive effects on bone indices. This presentation will summarize the findings of studies published to date which examine the beneficial effects of functional foods and/or their bioactive compounds, mainly dried plum, on bone in both female and male animal models of osteoporosis as well as published clinical studies.

Biography

Shirin Hooshmand is currently an Assistant Professor of nutrition at the School of Exercise and Nutritional Sciences at San Diego State University (SDSU). She received her Ph.D. from the Department of Nutrition, Food and Exercise Sciences at Florida State University where she studied the bone reversal effects of plants bioactive compounds. She completed her postdoctoral training at the Florida State University working in the area of nutrition, bone and cartilage. Her current research interests include bone and calcium metabolism, osteoporosis, and functional foods. She has published 20 original articles in peer reviewed journals and presented more than 40 abstracts in national and international symposiums.