

# Importance of Calcium Supplement in Bone Health

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## DESCRIPTION

Calcium is a mineral most frequently related to healthy bones and teeth, though it plays a very important role in blood clotting, clotting muscles to contract, and control heart rhythms and nerve functions. About 99% of the body's Calcium is stored in bones, and therefore the remaining 1% Calcium is found in blood, muscle, and other tissues.

We probably understand that calcium is good for our bones and helps obstruct osteoporosis. The nutrient is actually a building block of bone, and it helps to maintain bone strength throughout our lifetime. However calcium will solely reach its full bone-building potential if our body has enough vitamin D. Our body needs calcium to build and maintain strong bones. Our heart, muscles and nerves conjointly want calcium to operate properly. Some studies recommend that calcium, along with vitamin D, might have advantages beyond bone health: maybe protective against cancer, polygenic disorder and high blood pressure.

Over all, taking at least 800 mg of calcium on a daily basis from the diet or taking a minimum of 1,000 mg of supplemental calcium on a daily basis increased bone density. However, this point of having 0.6% to 1.8% increase in bone density was too low to have an impact on the risk of fracture.

The amount of calcium required for healthy bones and teeth is totally different by age. The National Institutes of Health suggests these levels of daily intake for adults: Daily suggested calcium intake for adults

- Adults 19-50 years: 1,000 mg.
- Adult men 51-70 years: 1,000 mg.
- Adult women 51-70 years: 1,200 mg.
- Adults 71 years and older: 1,200 mg.
- Pregnant and breastfeeding teens: 1,300 mg.
- Pregnant and breastfeeding adults: 1,000 mg.

Calcium is best absorbed through the foods we eat and the beverages we drink. A well-balanced diet, as instead of relying mainly on supplements, is important for many patients. It is also necessary to take a calcium supplement if an individual does not obtain enough calcium through food and beverages per day.

Children need calcium to build strong bones. Adults also need calcium to maintain the bones stronger. Over time, inadequate calcium intake will cause osteoporosis, the brittle bone disease. Individuals with osteoporosis are at high risk for broken bones, particularly at the wrist, hip and spine. These fractures cause chronic (long-lasting) pain, loss of independence, decreased quality of life and the risk of death is higher.

The vertebrae, which make up the spine, will become disrupted as a result of osteoporosis. This results in pain, difficulty moving, and eventual deformity because the spine in certain regions collapses as a result. A "dowager's hump," a curvature of the upper back develops when the condition is severe.

Osteoporosis conjointly causes broken hips in men, though not as usually as in women. Hip fractures are associated with an increased risk of death within the year after the bone break. Until osteoporosis develops, there are no signs of bone loss. Even then, in its early stages osteoporosis might not cause any symptoms. Symptoms that develop as osteoporosis worsens might include: Breaking bones easily. Back pain, stooped posture, gradual loss of height.

However, established osteoporosis of all types is so frequently linked to malabsorption of calcium and excessive levels of mandatory calcium excretion that it seems probable that negative calcium balance plays a causative, if not merely contributing, role in the majority of osteoporosis types.

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**Received:** 29-Nov-2022; Manuscript No. BMRJ-22-21049; **Editor assigned:** 01-Dec-2022; PreQC. No. BMRJ-22-21049 (PQ); **Reviewed:** 15-Dec-2022; QC. No. BMRJ-22-21049; **Revised:** 22-Dec-2022; Manuscript No. BMRJ-22-21049 (R); **Published:** 29-Dec-2022, DOI: 10.35248/2572-4916.22.10.200.

**Citation:** Zhang J (2022) Importance of Calcium Supplement in Bone Health. J Bone Res. 10:200.

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