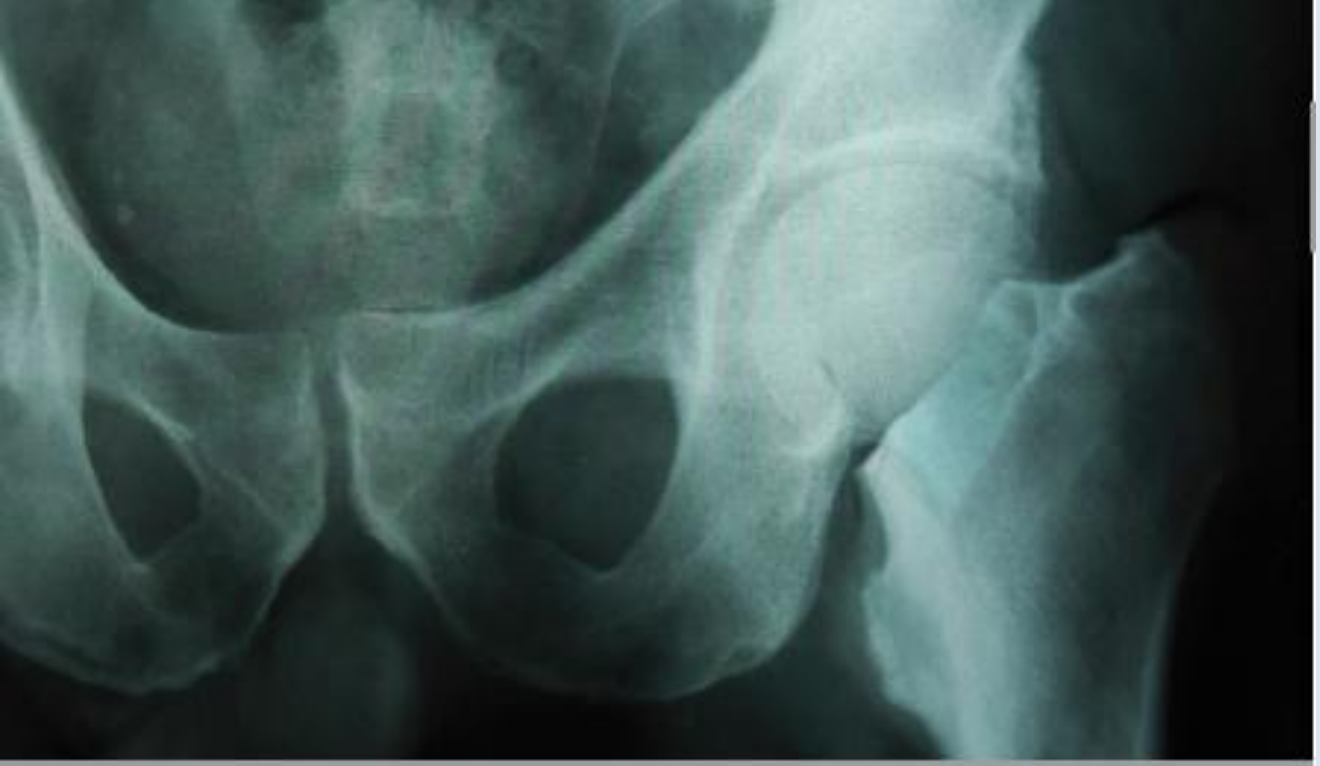

Dairy products & bone health : turning facts and beliefs into clinical practice

Chairmen
Jean-Yves Reginster

ESCEO President

and

René Rizzoli
ESCEO Scientific Committee Chairman

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Dairy products and bone health: turning facts and beliefs into clinical practice

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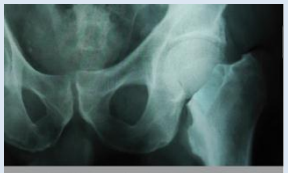


Dairy products & bone health : turning facts and beliefs into clinical practice

thebmj

BMJ 2014;349:g6015 doi: 10.1136/bmj.g6015 (Pub

Milk intake and risk of morta and men: cohort studies

OPEN ACCESS

Karl Michaëlsson *professor*[1], Alicja Wolk *profess* Basu *professor*[3], Eva Warensjö Lemming *resear*

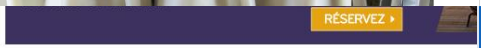
The Washington Post

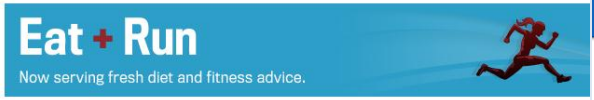
Ad

To Your Health

Study: Milk may not be very good for bones or the body

By Abby Phillip October 31, 2014 Follow @abbydphillip





Milk and Mortality: Questioning the Answers

Does a new study linking milk with increased risk of fra death mean we should kiss lattes and ice cream goodb

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Last updated: Wednesday 29 October 2014 at 1am PST

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Featured Research *from universities, journals*

High milk intake linked with higher fractures and mortali suggests

Date: October 28, 2014

Source: BMJ-British Medical Journal

Summary: A high milk intake in women and men is not accompanied by a lower risk of fracture and instead may be associated with a higher rate of death, suggests observational research. Women who drank more than three glasses of milk a day had a higher risk of death than women who drank less than one glass of milk a day.

Sha

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CHERI CHENG Update Date: Oct 30, 2014 09:30 AM ED

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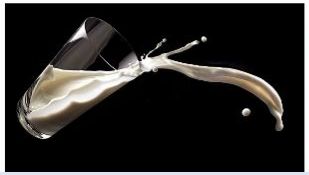
Got Fractures? Milk Raises

Wednesday, 04 February 2015 16:30

By Kristen Schepker, Assistant Editor

From a young age, Americans are taug component of a healthy, well-rounded d term health effects of drinking dairy que about milk's protective benefits.



A study published last fall in the *British Medical Journal* found a positive association between high milk intake and increased fracture incidence among women, contradicting the common understanding that dairy consumption reduces the risk of osteoporotic

Fanatic Cook

Milk Intake Linked To More Fractures And Earlier Death In Large Swedish Cohorts

Leave a reply

Remember the post where I wondered If Milk Builds Strong Bones, Why Do People In

VAB nutrition

Au cœur de la science pour valoriser vos stratégies Nutrition-Santé

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Milk consumption, mortality and risk of bone fractures:

A new study with provocative conclusions.

This study, published in the British Medical Journal on October 28th, suggests that high milk intake may be associated with higher mortality in men and women and with higher fracture incidence in women.

What does the science really say?

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Dairy products and acid-base balance: hypothesis versus scientific evidence

Tanis R. Fenton

Faculty of Medicine, University of Calgary, Canada

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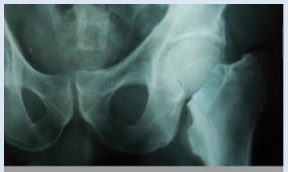

Dairy consumption, prevention of osteoporosis & fractures: an update

Olivier Bruyère

University of Liège, Belgium

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Dairy products: facts & fiction

Jean-Jacques Body

CHU Brugmann, Université Libre de Bruxelles

Belgium

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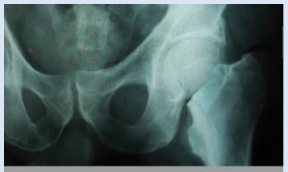

Take home messages

Jean-Yves Reginster
ESCEO President

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- During childhood and adolescence, observational studies and RCTs have shown a favourable effect of dairy products on bone health
- In adults, dairy products have a beneficial effect on BMD and bone markers
- Epidemiological data on dairy products and fracture are scarce and controversial but no intervention trial is available
- However several meta-analyses of RCT support the role of calcium and vitamin D for the prevention of osteoporosis and fractures

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- According to ESCEO and IOF, dietary sources of calcium are the preferred option
- Dairy products represent the best dietary sources of calcium due to their high calcium and nutrient content, high absorptive rate, availability and relatively low cost
- Diet does not produce acidosis and the alkaline diet/acide-ash hypothesis is not supported by evidence

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- The vast majority of subjects with lactose maldigestion will tolerate acute doses of up to 12 g lactose (*ie* 250 ml of milk) as a single dose with no or minor symptoms
- Dairy products intake is not associated with body weight or fat mass increase and may help to lose weight when included in energy restricted diet
- The intake of dairy products at the recommended dose of 3 servings per day is safe and does not appear to increase the risk of cancer or mortality.

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