

Men need calcium, too

Much has been written about the importance of calcium for women's health, but men need calcium, too.

Although osteoporosis is more prevalent in women, men can have it, too. Also, calcium may play some role in controlling blood pressure for some people—something worth asking your physician about.

In addition to eating foods high in calcium—like fat-free or low-fat milk, cheese, and yogurt (including fortified plant-based)—you can protect your bones by performing a weight-bearing exercise like walking regularly, by avoiding over-consumption of alcohol, and by getting adequate vitamin D mostly from food sources, not exposure to sunlight and UV radiation.

Medications like corticosteroids or Dilantin can interfere with calcium absorption, so if you're taking these medications, find out if you should also take a calcium supplement.

