

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, it can strike men. And studies have suggested that 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—you can protect your bones by performing a weightbearing exercise like walking regularly, by avoiding over-consumption of alcohol, and by getting adequate vitamin D (from either fortified milk or sunshine).

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.