Optimizing Bone Mass and Strength: The Role of Physical Activity and Nutrition During Growth (Medicine & Sport Science, Vol 51)

Editors: R. M. Daly and M. A. Petit


Subjects: Exercise and bone health, osteoporosis

DESCRIPTION: This volume describes and discusses the maturation of bone in children and adolescents. The focus is on the role of physical activity for optimizing this process.

PURPOSE: To provide an up to date review of the factors that influence the development of bone health during childhood and adolescence.

AUDIENCE: Exercise specialists, pediatricians, nutritionists, biomedical researchers, sports medics and any public health professional will find this book very helpful when dealing with optimizing bone development and/or maintaining bone health.

FEATURES: The featured subjects are: Osteoporosis: A Pediatric Concern?; The Biomechanical Basis of Bone Strength Development during Growth; The Effect of Exercise on Bone Mass and Structural Geometry during Growth; Evidence for an Interaction between Exercise and Nutrition for Improved Bone Health during Growth; Gene-Environment Interactions in the Skeletal Response to Nutrition and Exercise during Growth; The Effect of Energy Balance on Endocrine Function and Bone Health in Youth; Risk Factors for Fractures in Normally Active Children and Adolescents; Does Exercise during Growth Prevent Fractures in Later Life?; Lessons Learned from School-Based Skeletal Loading Intervention Trials: Putting Research into Practice.

ASSESSMENT: The editors have assembled the 51st volume of Medicine and Sports Science as a necessary reading for exercise specialists, pediatricians, nutritionists, and/or any public health professionals interested in understanding and improving the health of bone in children and adults. The book provides an excellent source of recent information on the subject.

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