

MEN AND OSTEOPOROSIS

Osteoporosis is a disease in which bones become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. These broken bones, also known as fractures, occur typically in the hip, spine and wrist.

- Today, 2 million American men have osteoporosis, and another 12 million are at risk for this disease.
- Bone density increases until about age 30. After that point, bones start to lose density.
- Bone density is also affected by heredity, diet, sex hormones, physical activity, lifestyle choices and use of certain medications.
- In general, men have larger, stronger bones than women. This may explain why osteoporosis affects fewer men than women.
- Experts agree that all persons should take the following steps to preserve bone health:
 - Recognize and treat any underlying medical conditions that affect bone health. Identify and evaluate the use of medications that are known to cause bone loss.
 - Change unhealthy habits, such as smoking, excessive alcohol intake and inactivity.
 - Ensure a daily calcium intake of 1,000 mg/day up to age 50 and 1,200 mg/day if age 51 and over.
 - Ensure adequate Vitamin D intake. Normally, we make enough Vitamin D from exposure to as little as 10 minutes of sunlight a day. If exposure to sunlight is inadequate, then Vitamin D intake from supplements should be at least 400 IU, but not more than 800 IU/day.
 - Engage in a regular regimen of weight-bearing exercises where bone and muscles work against gravity.

For more information ask your pharmacist.

