

YOUR HEALTH & FITNESS GUIDE

Did you know: osteoporosis does not affect women only

Many people believe that osteoporosis is a disease that only affects women. The reality is that as many as one in eight Canadian men over the age of 50 has osteoporosis.

As the population ages, the number of men with osteoporotic fractures is becoming increasingly significant. Each year men suffer one-

third of all hip fractures. Men also experience debilitating and painful fractures of the spine, wrist and other bones due to the disease.

Despite the large number of men affected, osteoporosis remains under-diagnosed and under-reported. It is therefore important for men to recognize their risk of develop-

ing osteoporosis and to speak with their physicians if they have a number of the risk factors. Early diagnosis is necessary so appropriate lifestyle changes or drug therapies can be initiated before the disease reaches an advanced stage.

How can osteoporosis in men be both prevented and

treated?

Experts agree that everyone should take the following steps to help preserve bone mass:

- Change or eliminate unhealthy habits, such as smoking and excessive alcohol and caffeine consumption.
- Ensure intake of adequate calcium and vitamin D.

• Engage in regular weight-bearing exercise.

To help men with osteoporosis, physicians may prescribe testosterone replacement therapy for men with low testosterone levels. In addition, newer, non-hormonal treatments have been shown to help preserve and increase bone density by

slowing or stopping bone loss. These treatments are currently available in Canada for the treatment of postmenopausal osteoporosis in women and studies are ongoing for the treatment of osteoporosis in men.

For more details, contact the Osteoporosis Society of Canada at 1-800-463-6842.

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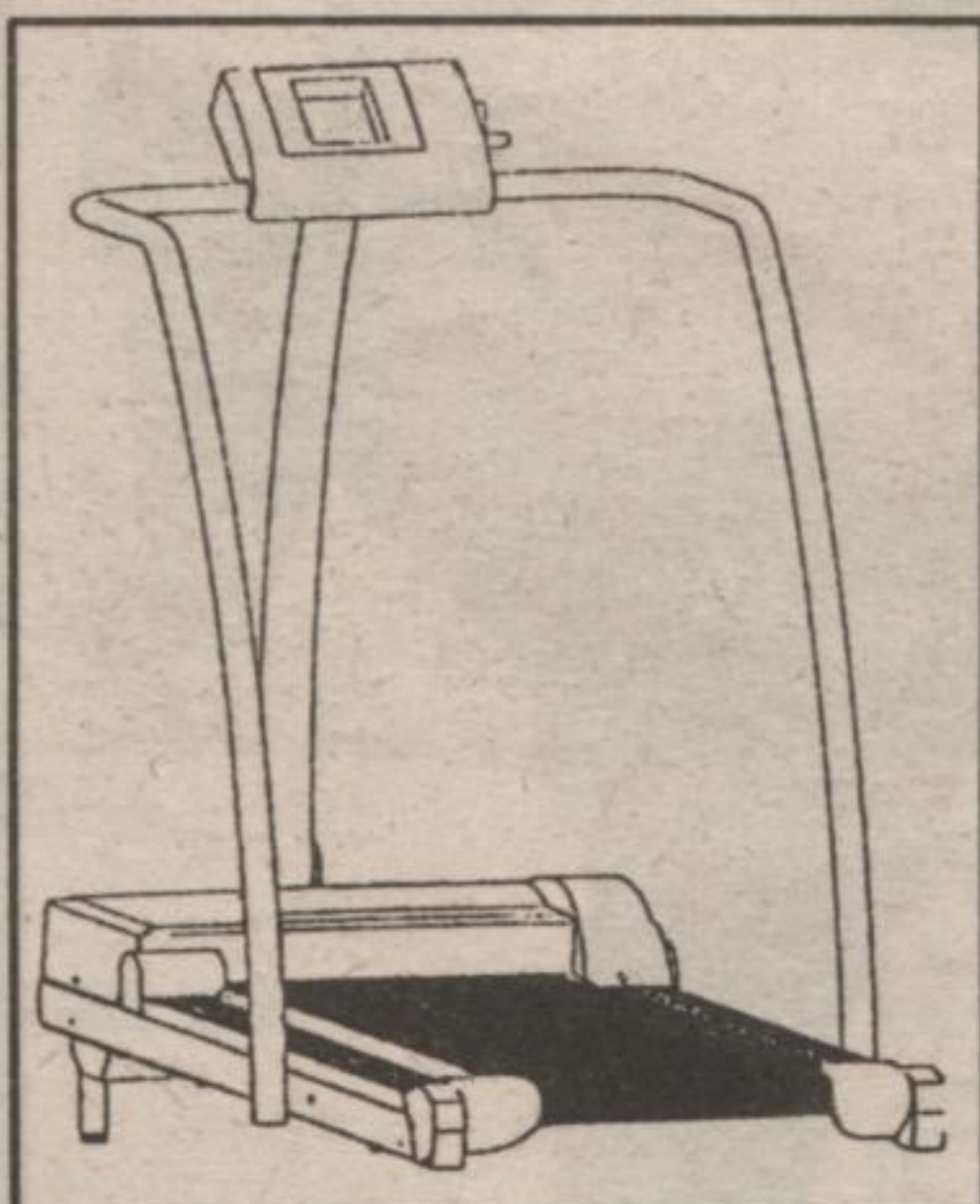
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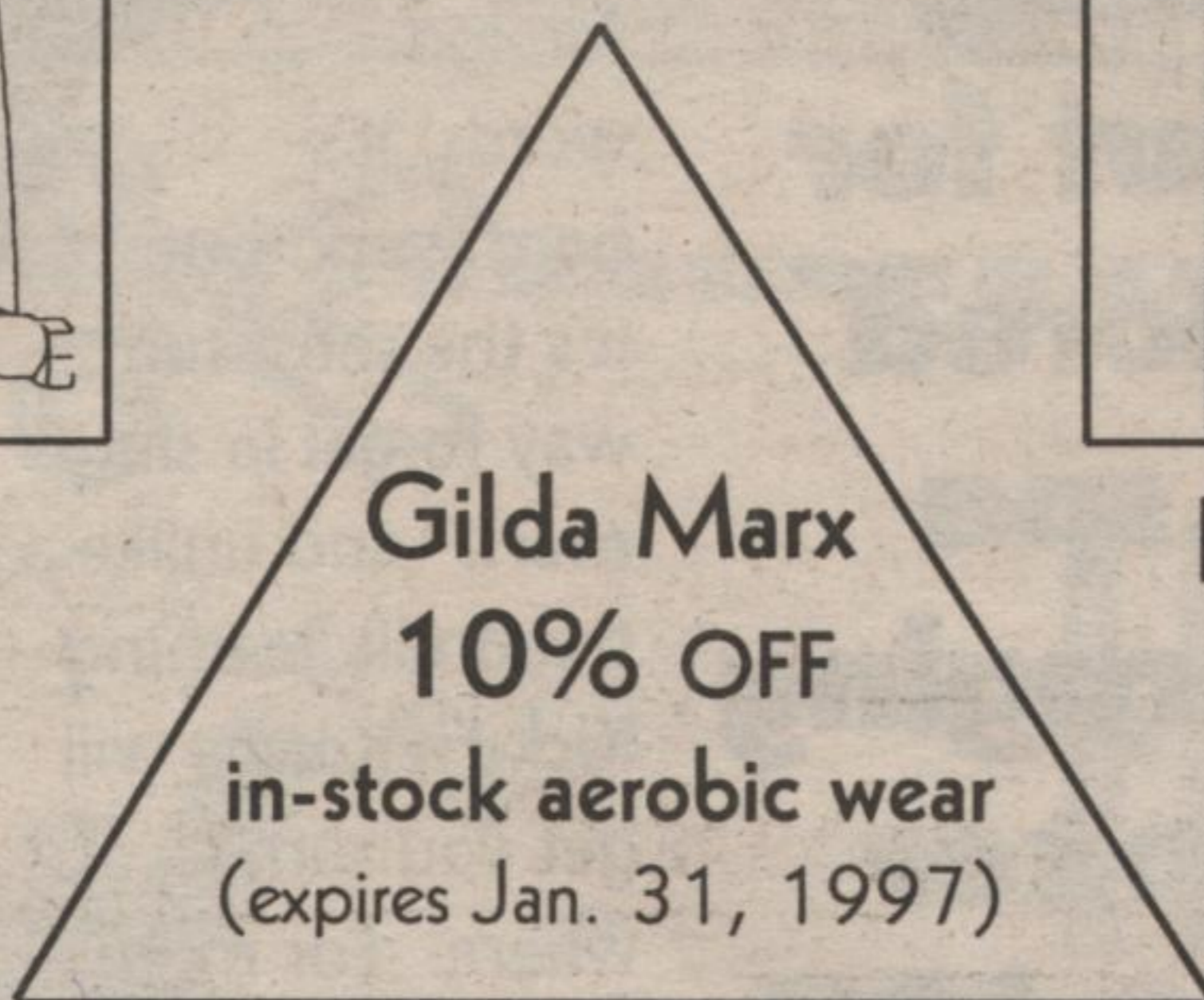
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