

Orthopaedic Connection

Osteoporosis and Men

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Transforming patient information into patient understanding.

Since most of my men patients don't believe they could have osteoporosis, I'm sure most of my readers don't know or believe it either.

Last week's article should be one of the Myth Buster articles I do every so often.

Hopefully I convinced you that men do get osteoporosis.

OK, let's say I did a bone density test (DXA scan) and you had osteopenia, which means somewhat lower than normally expected bone density. Would I start you on medication treatment at once? It depends. On what? **Risk factors**. They were listed last week.

Non Medication Treatment

- If you have no risk factors
- You will take the Calcium and Vitamin D I prescribe
- Limit alcohol intake
- Walk at least 30 minutes 5 days a week
- Don't smoke
- I will repeat the DXA Scan in 2 years

Medication Treatment for Osteoporosis

Let's say you do have a risk factor(s), are over 59 and your bone density test was low (score below 2.5 to put a number on it). The other things I just mentioned are important, but not enough to treat your osteoporosis.

Medication will probably include one of these:

- Alendronate (Fosamax)
- Risedronate (Actonel)
- Zoledronic acid (Reclast)
- Denosumab (Probia)
- Teriparatide (Forteo)

Then a DXA scan will be done every 2 years.

Key Point: *It's hard to figure any of this out if you haven't had a DXA scan.*

Mostly, insurance will pay for it if ordered by a physician, PA or nurse practitioner. Even if you had to pay for it yourself it's a lot cheaper than having a hip fracture!

Yes, men can have osteoporosis and the fractures that can happen are disastrous. I know because I treat them.

Gratiot County Herald Archive and Office Website

I hope what you have read has raised questions. No problem!

Please log onto www.orthopodsurgeon.com. It has a huge amount of musculoskeletal information in the Website and the Archive of all previous GCH articles.

Check it out and be amazed what you can learn.
Good health. Good life. All the best to you. Be well.

Dr. Haverbush