

Frequently Asked Questions

Do men over 60 have increased fracture risk?

Yes, but only if they have low testosterone levels. If they do have low levels they are at serious increased risk of fractures. The only way to tell is to do a blood testosterone level. We are not at the point where we do this on every man over 60. It is reasonable though to do a bone density test on all men over 60 and if osteoporosis is found the man should be checked for low testosterone.

I've heard too much chocolate is bad for your bones; is it?

It seems to be so if you are between ages 70 - 85. A large number of women were studied and found to have weak bones if they ate chocolate on a daily basis. Why? Oxalate in chocolate reduces the absorption of calcium. The sugar in chocolate candy is linked to calcium excretion. Eating chocolate once a week was not found to be a problem.

May I take over the counter medication with my prescription anti-inflammatory medication?

A lot of people do, but it should not be done. Patients who don't get relief from prescription medication (Celebrex for example) will often turn to OTC pain relievers also. It's a bad idea for several reasons, chiefly due to increased gastrointestinal side effects.

I always thought of psoriasis as a skin disease. Does it affect joints too?

Psoriasis is a chronic inflammatory disease that causes major skin problems. About 30% of patients with psoriasis also develop inflammation in their joints known as psoriatic arthritis. Skin disease usually develops first. It can be mild or severe and affect many joints, in that way similar to rheumatoid arthritis. It can also cause inflammation in the tendons, eyes, lung lining and aorta. Treatment for joints usually includes non-steroidal anti-inflammatory medication and exercises.

Is cola bad for bones?

Cola beverages have been linked to lower bone mass in women. Women who drank 4 colas a week showed lower bone density. People who drink cola are less likely to get enough calcium and Vitamin D because cola replaces more nutritious beverages. Also caffeine has been linked to osteoporosis. Recommendation: limit cola consumption to 2 glasses or less a week.

All Orthopaedic Surgery problems can be evaluated by Dr. Haverbush at the Lakeview Community Wellness Center in Lakeview or at the office in Alma at 315 Warwick Dr., Alma, Michigan.

Please call 989-463-6092 for information or to schedule an appointment.

Future Lakeview Community Wellness Center Clinic dates are September 5 and September 19.

Please don't forget there is a wealth of accurate information about Osteoporosis and all the other Orthopaedic conditions I treat on the office teaching website www.orthopodsurgeon.com. Please log on to check it out.

We are happy to answer questions from readers. You can email me at orthopodsurgeon@hotmail.com or write to me at 315 Warwick Dr., Alma, Michigan 48801.

Our goal is simple - To help people return to more pain free, functional lives.

Be well.

Dr. Haverbush