

# Lakeview Community Wellness Center 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.

Hopefully I can convince 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.

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.

### **Wellness Center Orthopaedic Clinic**

Please remember I am at the Lakeview Community Wellness Center every other Friday from 1:30 PM to 5 PM seeing Orthopaedic patients in my Clinic.

Approaching Clinic dates are November 2 and November 16, 2012.

It's easy to see me. Call 989-463-6092 for an appointment at the Lakeview Clinic or at the Alma Office.

And don't forget every article I have written for Lakeview Area News is on my Website,

[www.orthopodsurgeon.com](http://www.orthopodsurgeon.com). Check it out.

I specialize in you. Be well.

Dr. Haverbush