

Argus Orthopaedic Zone

Osteoporosis and Men

By Thomas J. Haverbush, M.D.
Orthopaedic Surgeon

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.

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.

Office Website and Argus Orthopaedic Zone Archive

What if I told you all the Orthopaedic and Musculoskeletal information you need is in one place?

The place is online at www.orthopodsurgeon.com.

It contains

- The Office Website Library Of Articles
- Your Orthopaedic Connection
- Argus Orthopaedic Zone Archive Of All Previous Articles

That is a huge amount of information that can be very useful to you, your family and friends. Please check all of this out and you will be amazed.

It is a wealth of information about all the things I treat in the office and hospital.

I specialize in you.

Our goal is simple - To help people return to more pain free, functional lives. Call if you need me.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush