

Osteoporosis and Men

Osteoporosis is often a silent disease, not detected until a bone fractures. It is a disease in which the density and quality of bone are reduced, so bones are more fragile and likely to break.

Although osteoporosis affects fewer men than women, it remains underdiagnosed and underreported in men. Generally, men have higher bone density than women but they are still at risk for osteoporosis and fractures. Previous studies suggest that men have worse outcomes after a fracture than do women, possibly because they are typically older or have additional medical problems, such as heart disease.

“A bone density test such as a DXA scan is a great tool to determine if men have osteoporosis or are at risk for fractures,” suggests Deborah Sellmeyer, M.D., medical director of the Johns Hopkins Metabolic Bone Center.

The Center’s experts prevent, diagnose and treat bone diseases such as osteoporosis in men and women, fragility and recurrent fractures and other skeletal disorders.

Men can take steps to prevent osteoporosis. “The cornerstone of prevention is nutrition and exercise,” notes Dr. Sellmeyer. “Men need more protein in their diet than women do and may not always get enough. Eating

Some of the risk factors for osteoporosis in men include:

- Older age
- Family or personal history of fractures
- Losing too much calcium in the urine
- Previous or current steroid use
- Low level of testosterone

Deborah Sellmeyer, M.D.

*Medical director
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Metabolic Bone Center*



enough fruits and vegetables also is important. Plus, men should be sure they are getting the right amount of calcium and vitamin D.”

Those specific recommendations vary by patient. The general recommendation is to get 1000 IU (international units) of vitamin D and 1200 mg of calcium each day. It also is important to include weight bearing activity and strength training in your daily activities.

—Karen Tong

To learn about your fracture risk and bone health, having a DXA scan is the first step. It is painless and non-invasive, with no patient preparation needed. For more information, call the Johns Hopkins Metabolic Bone Center at 410-550-BONE or visit hopkinsbayview.org/bone.

Eating for Strong Healthy Bones

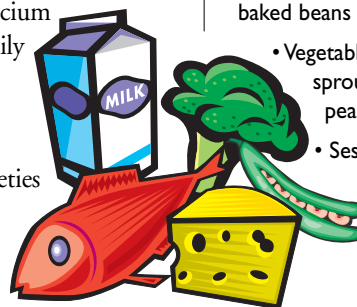
Building and keeping strong bones is a lifelong process that includes eating a diet high in calcium (at least 3 servings a day) and performing weight bearing exercises for at least 30 minutes a day. Strong bones are built during teen and young

adult years. Calcium stored in youth can be beneficial for bone health in later stages of life. Although people can build bone density up to age 30, the rate that calcium is deposited in your bones is highest during adolescence. After menopause, loss of calcium from bones is greatest due to the lack of estrogen. The recommended daily requirement of calcium varies with age, however, an average daily intake of 800-1000 mg of calcium is necessary to maintain strong bones.

In addition to the large number of natural calcium-rich foods, several varieties of calcium-fortified foods are available, such as breakfast cereals, orange juice, soy milk, instant oatmeal and bread.

Good sources of calcium include:

- Milk and milk products such as cheese, yogurt, milkshakes and eggnog (low fat)
- Salmon, sardines and mackerel
- Dried beans, such as kidney beans, baked beans and white beans
- Vegetables, such as broccoli, Brussels sprouts, okra, green leafy vegetables, peas and rhubarb
- Sesame seeds



—Asha Gullapalli, MS, RD, LD

**Asha Gullapalli,
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Registered dietitian



If you would like to make an appointment with a registered dietitian at Johns Hopkins Bayview Medical Center, call 410-550-7728. These appointments often are covered by insurance. Check with your insurance provider.