

## MEN AND BONE HEALTH

Question: Is it true that men can get osteoporosis and break bones easily? If so, how can I prevent this?

Surprisingly, 1 out of 4 men over 50 will have an osteoporosis-related fracture sometime in his lifetime.

The rate is higher for women -- 1 out of 2 will suffer a fracture.

Therefore, the emphasis has always been placed on women who are at higher risk. But the National Osteoporosis Foundation will release guidelines next year for bone health in men.

Men develop osteoporosis gradually throughout their life, while women have a significant increase of osteoporosis after menopause.

There are certain risk factors that increase a man's chance of osteoporosis. These include weighing less than 175lbs, excessive drinking, smoking and a history of chronic obstructive pulmonary disease (COPD). Smokers often suffer COPD.

Medication can also cause bone weakening. This includes long-term steroid treatment, used for various diseases. Also Lupron is a hormone-blocking drug to treat prostate cancer and can weaken bones.

If you suspect you are at risk, you should have a bone mineral density test for the proper diagnosis.

What can you do to reduce your risk? Firstly, get adequate exercise. It is thought that weight-bearing exercise is the most productive to make bones strong. This means walking, running, jumping rope etc..

However, you may have joint pain that does not allow this. There is still benefit for exercising in the pool, such as swimming or doing water aerobics. It still helps keep your bones strong.

Exercise is important to begin as children and young adults. Men build their "peak bone mass" during young adulthood and then start a long-term decline afterward.

The stronger your bones are as a young adult, is like money in the bank. You have more bone mass sustain you throughout your life.

Proper diet is important. Women are often told to take calcium, up to 1500 mg per day. Consult your chiropractor, doctor or pharmacist to see if this is appropriate for you.

Have adequate Vitamin D. Simply being in the sunshine for 20 minutes a day is sufficient.

If you are smoking, stop now! New Years Day is fast approaching. Make this your quit- smoking date.

Lastly, do balance exercises to avoid falls. Avoid fractures in the first place.

You can safely treat with a chiropractor even if you have osteoporosis. We have many non-force techniques that we can use to avoid excessive pressure to your bones.

Copyright © 2008 - Konicki Schumacher Chiropractic. All rights reserved.

*Dr. Tom Konicki is a board certified chiropractic orthopedist and has practiced for 17 years in South Dayton. You can reach him at [www.kschiro.com](http://www.kschiro.com) or mail your questions to Ask the Chiropractor, 2165 Miamisburg-Centerville Road, Dayton, Ohio 45459.*