

STRONGER BONES FOR MEN:

Preventing Osteoporosis and Fractures

If you think osteoporosis only affects women, it's time to think again. Men are also at risk, especially as they age. Consider these facts:



Up to one in four men over the age of 50 will break a bone because of osteoporosis.



Men over 50 are more likely to suffer from an osteoporosis-related fracture than to be diagnosed with prostate cancer.



Men are more likely than women to die within a year after breaking a hip often due to complications related to the fracture.



An estimated two million American men already have osteoporosis and another 12 million are at risk. Take the time now to learn if you could be at risk and start taking steps to protect your bones.

About half of the men who survive a hip fracture never return to their previous level of independence. Such fractures often cause long-term disability and reduced quality of life.

GET MOVING

Exercise helps improve balance, reducing fall risk. Aim for 30 minutes of weight-bearing and resistance exercise on most days, such as:

- Hiking
- Racquet sports
- Jogging
- Basketball
- Brisk walking
- Soccer

Include muscle-strengthening exercise 2-3 times per week, such as:

- Lifting weights
- Using elastic exercise bands
- Using weight machines
- Lifting your own body weight



Always check with your healthcare provider to find out what exercises are safe for you.

GET TESTED

Men age 70 or older should have a bone density (DXA) test. You should discuss testing with your healthcare provider if you have any of the following risk factors:

- Have broken a bone after age 50
- Are on androgen deprivation therapy for prostate cancer
- Take corticosteroids (5 mg+ daily for 3+ months)
- Are receiving osteoporosis treatment
- Have lost height or develop excessive rounding in the back
- Have medical conditions or take medications linked to bone loss

GET ENOUGH CALCIUM* AND VITAMIN D EVERY DAY

AGE	CALCIUM	VITAMIN D
Age 9-18	1,300 mg	600 IU
Under Age 50	1,000 mg	400-800 IU
Age 50-70	1,000 mg	800-1,000 IU
Age 71 & older	1,200 mg	800-1,000 IU

*This includes the total amount of calcium you get from both foods and supplements.

EXAMPLES OF CALCIUM-RICH FOODS**

ITEM	CALCIUM	AMOUNT OF CALCIUM
Milk	8 oz	300 mg
Yogurt	6 oz	300 mg
Cheddar Cheese	1 oz	205 mg
Broccoli, cooked	8 oz	60 mg
Kale, cooked	8 oz	95 mg
Orange juice with added Calcium	8 oz	300 mg

**Calcium content is estimated.

BONE HEALTH TIPS FOR MEN

-  Quit smoking
-  Limit alcohol intake to no more than two drinks per day
-  Ask your healthcare provider about bone density testing even if you feel healthy
-  If you break a bone, ask whether osteoporosis may be a cause
-  If diagnosed with osteoporosis, ask about treatment options

MEDICAL CONSIDERATIONS



Lifestyle Factors

- Smoking (Current or Past)
- Alcohol use
- Inadequate calcium or vitamin D
- Sedentary lifestyle



Common Risk Factors in Men

- Low testosterone (hypogonadism)
- Corticosteroid use
- Anti-androgen therapy for prostate cancer
- Anticonvulsants



Chronic Conditions

- Gastrointestinal disorders (such as celiac, Crohn's)
- Kidney or liver disease
- Prostate cancer

OSTEOPOROSIS IN MEN: OVERLOOKED, BUT JUST AS SERIOUS

Although commonly viewed as a “women’s disease,” osteoporosis is underdiagnosed and undertreated in men. Many healthcare providers may not assess bone health in men, even when clear risk factors are present. Here’s what men need to know:



DXA scans (bone density tests) are the gold standard for diagnosing osteoporosis but are often underutilized in men.



Routine screening is recommended for men aged 70 and older—or earlier (ages 50–69) if they have risk factors such as previous fractures, certain medical conditions, or use of certain medications.



Fracture risk can be estimated using tools such as the FRAX[®] calculator or the BHOFF Fracture Risk Calculator[™] (FRC), which calculate a person's 10-year risk of major osteoporotic fractures.



Men typically have higher peak bone mass than women, which may delay the onset of bone loss. However, once bone loss begins, it can progress silently.



Fractures in men, especially hip fractures, are associated with higher rates of complications and mortality compared to women.



Identifying and treating underlying causes, such as low testosterone (hypogonadism), is critical to preventing bone loss.



Healthy lifestyle changes can make a big difference:

- Engage in regular weight-bearing and resistance exercise
- Ensure adequate intake of calcium (1,000–1,300 mg/day) and vitamin D (600–1,000 IU/day)
- Limit alcohol consumption and quit smoking

Men should advocate for their bone health. Early testing, diagnosis, and treatment can prevent fractures and protect quality of life.