More than 2.3 million American men suffer from osteoporosis.

A woman’s risk of developing an osteoporosis-related hip fracture is equal to her combined risk of developing breast, uterine, and ovarian cancer.

Medications, including some steroids, such as hydrocortisone or prednisone, can increase bone loss. It is important to ask your doctor to review your medications, including bone-related side effects.

You can help protect bones against fracture by exercising and doing other physical activities. Exercises that increase muscle strength and improve flexibility help prevent falls.

One in every 8 men over age 50 is expected to suffer an osteoporotic fracture in their remaining lifetime.

Bone mineral density (BMD) tests are safe, painless, and non-invasive tests that evaluate bone density, a measure of bone strength. With the information obtained from these tests, your doctor can predict the likelihood of future fractures and determine the most appropriate care.


For more information on this topic or regarding your local Regional Arthritis center (RAC) call 1-800-316-0935 or visit the Missouri Arthritis and Osteoporosis Program (MAOP) web site at http://www.dhss.mo.gov/Osteo.