

Men and Osteoporosis

Although women are at greater risk, osteoporosis still affects men. As our population ages, more men will suffer from this disease.

Facts and statistics:

- Approximately two million American men already have osteoporosis. About 12 million more are at risk.
- Men older than 50 are more likely to break a bone due to osteoporosis than they are to get prostate cancer.
- Up to one in four men over age 50 will break a bone due to osteoporosis.
- Each year, about 80,000 men will break a hip.
- Men are more likely than women to die within a year after breaking a hip. This is due to problems related to the break.
- Men can break bones in the spine or break a hip, but this usually happens at a later age than women.

What Puts Men at Risk?

Many of the risk factors that put women at risk for osteoporosis apply to men as well. Those can include:

- Family history
- Taking steroid medicines
- Lack of exercise
- Smoking
- Drinking too much alcohol
- Low testosterone

Evidence also suggests that low estrogen levels in men can lead to bone loss, as does having other medical problems such as:

- Chronic kidney, lung or gastrointestinal disease
- Prostate cancer
- Certain autoimmune disorders such as rheumatoid arthritis (RA)

If you have risk factors for osteoporosis, or aren't sure, it's important to speak with your healthcare provider.



To schedule an appointment,
call 1.800.8.COOPER

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