

# Health Tips

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## Osteoporosis: Not for Women Only

Osteoporosis is often thought of as a disease that impacts women. But as many as one-third of hip fractures due to osteoporosis occur in men.

Osteoporosis can have serious consequences for men. In fact, they fare worse than women do if they get fractures. Studies show that men have a higher risk of death from complications of hip fractures. Research says this may be because more men than women suffer such fractures at older ages.

Both estrogen and testosterone are important for maintaining strong bones. Men and women lose bone density as they get older and their hormones decrease. A woman's estrogen levels experience a sharp dip at menopause. For men, the levels of estrogen and testosterone continue to lessen gradually as they age. By age 65 or 70, men and women lose bone mass at about the same rate. After age 80, men lose bone mass at a greater rate.

Men and women are more likely to get osteoporosis if they have a family history, are Caucasian or Asian, are thin and have small body frames, drink alcohol excessively, have gastrointestinal disorders, have low testosterone levels, and pass a great deal of calcium in their urine.

To prevent osteoporosis: do not smoke, watch alcohol intake and exercise regularly.

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