

The OSTEOPOROSIS REPORT

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In the News

Osteoporosis - Men Get it Too

Recent research shows that while men are far less likely than women to be screened for osteoporosis, the consequences they suffer from the condition are worse than what most women experience. When men suffer fractures, their mortality is higher and the severe medical consequences and loss of independence that come with breaking a bone later in life are more prevalent in men than women.

Despite the consequences, a study recently released by the American Geriatric Society found that while most women said they would get screened for osteoporosis if it was offered; only 25 percent of men said they would be screened. Women were also reported to be four times more likely to take preventive measures, like taking calcium and vitamin D supplements, to protect against osteoporosis.

NOF research shows that up to one in four men over age 50 will break a bone due to osteoporosis in their lifetime. This means men older than 50 are more likely to break a bone due to osteoporosis

Osteoporosis Headlines

[A Risky Side Effect of Hot Flash Treatment: Bone Loss, Everyday Health](#)

[Osteoporosis: An Overlooked Health Issue for Men, Dallas Morning News](#)

[3 Vital Ingredients for Keeping Your Bones Healthy, Cleveland Clinic](#)

[For Healthy Bones: Got Prunes? Onions? Salmon? Walnuts?, Washington Post](#)

Peak Bone Mass

NOF Trustees Dr. Connie Weaver from Purdue University and Dr. Joan Lappe from Creighton University were among the expert authors on a new manuscript entitled, "Peak Bone Mass Development and Lifestyle Factors: A Systematic Review and Implementation Recommendations."

The paper will highlight nutrition and lifestyle factors needed to develop Peak Bone Mass, usually reached

than they are to get prostate cancer. The need for osteoporosis detection and prevention among men is clear, yet most people still think of osteoporosis as a risk only to women.

Encourage the men in your life to get to know their risk factors for osteoporosis and ask their doctor if they should be screened.

Visit our [Just for Men](#) page for the facts on osteoporosis and men.

Download the [Man's Guide to Osteoporosis](#) for a complete guide to men's risk factors for osteoporosis and the steps to prevent it.

Ask the Expert

Q: Is it true that current treatments aren't working to prevent fractures?

A: Actually the benefits of osteoporosis drug treatment in high risk individuals are clear. Treating high-risk patients with drug therapy is highly effective in preventing fractures. In fact, as little as three years of osteoporosis therapy can achieve a 30-50 percent reduction in fracture incidence and reduce mortality in those with hip fracture.

NOF works with the National Bone Health Alliance and other partners to identify individuals who have already suffered a fracture and are at greatest risk for a second fracture. Implementation of fracture liaison service (FLS) programs help to coordinate the diagnosis and treatment of patients who are

between the ages of 25-30. The manuscript is expected to be published in a peer-reviewed journal and details will be made available on www.nof.org in the coming months.

World Osteoporosis Day, October 20, 2015: Serve Up Bone Strength

World Osteoporosis Day 2015 focuses on the importance of adopting a bone healthy diet through a person's lifetime. The International Osteoporosis Foundation is offering materials to help educate and raise awareness about nutrition and bone health. Wear white on October 20 and embrace better bone health!

[Learn more about the campaign and download materials.](#)

Medicare & Medicaid Celebrate 50 Years

Medicare and Medicaid are celebrating their 50th birthday on July 30. Over the past 50 years, the programs have provided hundreds of millions of Americans with health security. Celebrate by [sharing a story](#) of how Medicare or Medicaid has helped you.

over 50 years old and have suffered fractures. Evidence is strong that treating individuals who have already fractured is effective and prevents secondary spine and hip fractures.

Through the widespread implementation on FLS programs, our goal is to raise the percentage of post-fracture patients from the 25-30 percent who are currently evaluated and treated for osteoporosis after suffering a fracture to 80 percent or more. Abundant evidence now supports that this approach will lower the number of repeat fractures suffered by this group of patients.

While calcium, vitamin D, exercise and other lifestyle changes are important components of a comprehensive treatment plan, alone they aren't enough to prevent bone loss and future fractures. In multiple studies, prescription drug therapy has proven its efficacy to reduce the incidence of future fractures.

- Susan Randall, MSN, FNP-BC
Senior Director, Science and Education
National Osteoporosis Foundation

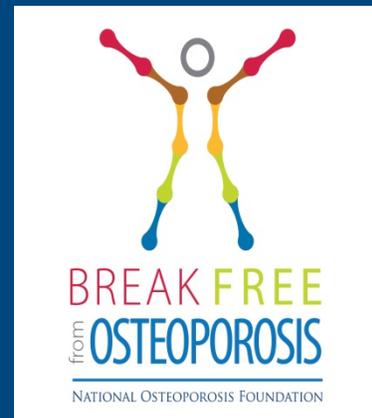


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Healthcare Professionals: Save the Date for ISO16

Save the date and stay tuned for details and registration information for the 2016 Interdisciplinary Symposium on Osteoporosis (ISO16). America's leading clinical conference on bone health is taking place from May 12-15, 2016 in Miami, Florida.

Planning is underway and we'll post all program updates and registration information online at www.nof-iso.org as they become available.





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