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.