

"... men are much more likely than women to die or experience chronic disability after a hip fracture," says Dr. Orwoll, professor of medicine at the Oregon Health Sciences University in Portland and a leading osteoporosis researcher. 11-15-99 : [http://about.onhealth.com/family/in-depth/item/item,55061\\_1\\_1.asp](http://about.onhealth.com/family/in-depth/item/item,55061_1_1.asp)

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## News

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### Male Osteoporosis Guidelines Needed

Osteoporosis is typically perceived as a woman's disease so the guidelines used for diagnosing this condition are based on the female body. However, such guidelines overlook men also suffering from bone loss.

**"If doctors use a female (guidelines) in diagnosing osteoporosis in men, they could be missing many men who are at risk of fracture,"** Dr. Jane Cauley of the University of Pittsburgh Graduate School of Public Health in Pittsburgh, Penn. **"Male (guidelines) should be created and standardized to better identify at-risk men who could benefit from medications that prevent further bone loss."**

Dr. Cauley and colleagues studied the relationship between bone mineral density (BMD) and vertebral fracture in 314 men ages 58 to 91 and in 2,067 women ages 66 to 95. They found that men with fractures had a higher BMD than women with broken bones. **Measuring the men's BMD based on the female guidelines only correctly identified three men with fractures, but using male guidelines to measure BMD correctly identified 18 men with broken bones.**

**What that means is that men are more vulnerable to the consequences of osteoporosis, which is broken bones, even when they have a higher bone mineral density than women.**

"As the population continues to age, (male guidelines) would mean getting more at-risk men into appropriate therapies to slow or stop the loss of bone before they experience a life-threatening fracture," Dr. Cauley says. "These interventions would make a big difference in men's health, just as they have improved women's health over the past decade."

About 2 million men in the United States have osteoporosis and another three million are at risk for this disease, according to the National Osteoporosis Foundation. About four times as many women have this degenerative condition.

--By Katrina Woznicki

(Emphasis added)

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