

## QUESTIONS AND ANSWERS

### **Can Men Have Osteoporosis?**

Yes.

While osteoporosis affects countless more women than men for a variety of reasons, men are vulnerable. In fact much more than you would think.

Some of the more important causes are these:

Heredity

Smoking

Excessive alcohol intake

Too little exercise

Lack of calcium in the diet

Low level of sex hormone

Too much thyroid hormone

Antacids containing aluminum

Steroids taken to treat asthma or arthritis

Treatment:

Well, as the saying goes, you can choose your friends, but not your family. No treatment for Heredity.

Most (not all) of the other causes you can choose to do something about, that is the life style factors.

In addition men over 50 should take 1200mg of Calcium and at least 800 I.U. of Vitamin D daily.

Some of the medications prescribed for osteoporosis in women are effective in men. If you think you may be at risk ask your doctor to evaluate you, possibly including a bone density test.

The sad situation is when Orthopaedic Surgeons like me come into the picture after people break a bone. That's when men and women often learn they have osteoporosis. Too late to prevent the fracture and an uphill climb to try to get back to normal bone density (if you ever can).

As for most health problems better to have prevented the problem than needing to deal with it after it happens, in this case the fracture.

### **Does Massage Therapy Have Any Benefit?**

Yes.

To do justice to massage therapy and its relation to physical therapy I will need to wait till next time. I'm running out of space this week. Thanks for reading.

All Orthopaedic Surgery problems can be evaluated by Dr. Haverbush at the Lakeview Community Wellness Center in Lakeview or at the office in Alma at 315 Warwick Dr., Alma, Michigan.

Future Lakeview Community Wellness Center Clinics are June 13, June 27, 2008.

Don't forget we will be happy to answer questions from readers. You can e-mail me at [orthopodsurgeon.com](mailto:orthopodsurgeon.com) or write to me at 315 Warwick Dr., Alma, Michigan 48801.

Be well.

Dr. Haverbush