

Osteoporosis in men

Osteoporosis is a chronic condition that leads to reduced bone strength, weakness of the skeleton and increased risk of fracture. Osteoporosis is a leading cause of morbidity and mortality in older people. There is less awareness of osteoporosis in men compared with post-menopausal women. Over 13% of men aged 70 years or older have osteoporosis. Men have larger and stronger bones at peak bone mass; and with ageing, more bone is deposited in long bones compared with women. Men tend to have osteoporotic fractures about 10 years later in life than women.

Fractures occur predominantly in the distal forearm, proximal humerus, thoracic and lumbar vertebra, and proximal femur. Forearm fractures are less common in men than women; however, hip fracture rates are similar.

Medication therapy

- Bisphosphonates (alendronate, risedronate and
- Denosumab (*Prolia*)

as in women. Bisphosphonates have shown the strongest