



Return on our March 29 webinar

Hip fracture? No thank you! Male Bone Health

Speaker:

Dr. Suzanne Morin

Doctor and researcher, MUHC

Here are 5 points to remember:

Nicknamed "the silent thief" due to the absence of symptoms, osteoporosis is often only detected at a more advanced stage following a fracture.

1. What are bones and why achieving good bone mass is so important?

Bones are living tissues that develop, composed mainly of collagen and calcium. A healthy bone is strong and does not break easily. Until early adulthood, large amounts of calcium and other substances are added to the bone, strengthening the skeleton as it grows. After the age of 30, bone mass gradually decreases. Achieving good peak bone mass is important for reducing the risk of osteoporosis later in life.

2. Men suffer a third of osteoporosis-related fractures worldwide

In addition, fractures in men have greater sequelae than in women. They can have serious consequences on health and quality of life, including a loss of autonomy and mobility. The most common fragility fractures occur in the hip, spine and shoulder. Hence the importance of screening from the age of 60, or 50 if you have risk factors.

3. Osteoporosis, prostate cancer and the risk of fractures

Men with prostate cancer are often at risk for osteoporosis and fractures. In addition, if you are on hormonal therapy, it is important to discuss your bone health with your doctor in order to integrate a bone protection component into your treatment plan, including a calcium + vitamin D supplement. In addition to the supplement, for some men, the approach will be limited to adapting one's way of life, while others will be advised to begin medical treatment.

4. Physical activity has considerable benefits for the preservation of bone mass

It also reduces the risk of falling. Muscular resistance exercises, such as the use of free weights, are particularly important since they can increase bone density. It is recommended to do this type of exercise at least twice a week, paired with aerobic or balance exercises every day. Tip: Exercise when you feel your best during the day.

5. A healthy and balanced diet is also important for bone health

It allows the body to function at its full potential. Certain nutrients are particularly important in maintaining bone health: protein, calcium and vitamin D. Recommendations include a source of protein at each meal (lean meat, fish, legumes), 800 to 1200 mg per day of calcium (eg, 3 servings of low-fat dairy products) and a daily supplement between 800 and 2000 IU of vitamin D3 year-round. Respect alcohol limits and consider quitting smoking.