

Gender-Specific Differences of Bone Health

Did you know?



Jewish Hospital

Medical Center East

Center for Gender-Specific Medicine

Bone Health for MEN

- **Decreased testosterone levels in men lead to more bone fractures.**
- **Lifetime risk for osteoporosis in men is 13 - 25%.**
- **Men are more likely to have frank tears in muscles or tendons involved in shoulder stabilization.**
- **Osteoporosis in men is very much more frequent in patients with chronic lung disease due to treatment with steroids.**
- **Risk factors for osteoporosis in men include: smoking, decreased levels of testosterone, excessive intake of alcohol, presence of other diseases known to affect calcium or bone metabolism, age and steroid use.**
- **Bones begin to lose mass without regular stimulation from muscles.**
- **Skeletons monitor themselves daily to support the forces that actually impact us. (This is why astronauts lose bone.)**