

Osteoporosis – Silent Disease

A disease that results in weakened bones and often does not produce symptoms until a fracture occurs...

How likely is it that a man in SC will get osteoporosis?

Consider this:

- 12 million U.S. men have osteopenia or low bone mass, putting them at risk for osteoporosis
- 2 million men already suffer from osteoporosis and by 2010 that number will reach 3 million
- 1 in 4 men over the age of 50 is at risk of breaking a bone due to osteoporosis
- 80,000 men suffer hip fractures each year due to osteoporosis
- Men have a greater likelihood than women of dying the first year following a hip fracture

A few more startling statistics about South Carolina and its citizens:

- The number of South Carolinians with this disease or low bone mass is expected to reach nearly 1 million in 2020, more than double in less than 20 years.
- 89% of South Carolina's osteoporosis costs occur in people 65 or older.
- Nursing home stays account for 33% of total medical costs for osteoporosis

Are You At Risk?

Yes No

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a family history of osteoporosis or fractures? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have an inactive lifestyle? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a small body frame or low body weight? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been a smoker? A heavy drinker? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you take or have you ever taken oral steroids (prednisone), anti-seizure, anti-thyroid, or chemotherapeutic medications? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have untreated low levels of testosterone? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you had height loss? |



Discuss your answers with your doctor.