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~~(Fix Osteopenia) 2020 *Osteoporosis Results From the WHI -*~~
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~~Preventing and Treating Osteoporosis — 222 | Menopause~~

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Hip, spine, and wrist bones break most often. Along with age, other things linked to osteoporosis in men include: Chronic diseases that affect the kidneys, lungs, stomach, and intestines or change...

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~~Osteoporosis in Men: Treatments, Risk Factors, and More~~

Osteoporosis causes bones to become weaker and more fragile. Some people are more at risk than others. Bones are thickest and strongest in your early adult life until your late 20s. You gradually start losing bone from around the age of 35. This happens to everyone, but some people develop osteoporosis and lose bone much faster than normal.

~~Osteoporosis Causes NHS~~

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Osteoporosis in men occurs from a complex interplay of different factors, including age-related sex hormone deficiency, genetics, and lifestyle choices (e.g., physical inactivity, tobacco and...

~~Osteoporosis in Men – American Family Physician~~

There is increasing awareness that osteoporosis in men is an important public health issue. The main clinical consequence of osteoporosis, be it in men or women, is a fracture.

Osteoporotic fractures in general, but particularly of the hip, are associated with considerable morbidity and mortality, which appear to be worse for men than women.

~~Osteoporosis in Men | ScienceDirect~~

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Osteoporosis is more likely to occur in people who have: Low calcium intake. A lifelong lack of calcium plays a role in the development of osteoporosis. Low calcium intake... Eating disorders. Severely restricting food intake and being underweight weakens bone in both men and women. Gastrointestinal ...

~~Osteoporosis Symptoms and causes Mayo Clinic~~

Osteoporosis is a condition where your bones gradually become weaker and more fragile, which means they're more likely to break (fracture). Osteoporosis is more common in women but men can get it too. If you have osteoporosis, it doesn't mean that your bones will definitely fracture; it just means that it's more likely.

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~~Osteoporosis | Health Information | Bupa UK~~

The reduction in oestrogen in the years following menopause causes a rapid bone loss, which can lead to osteoporosis. About 1 in 2 women and 1 in 5 men over 50 will break a bone (fracture) because of osteoporosis so it is important to keep your bones healthy. What affects your risk of osteoporosis? There is no single cause of osteoporosis.

~~Osteoporosis symptoms and treatment | Looking after your ...~~

Osteoporosis is a health condition that weakens bones, making them fragile and more likely to break. It develops slowly over several years and is often only diagnosed when a fall or sudden impact causes a bone to break (fracture). The

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most common injuries in people with osteoporosis are:

~~Osteoporosis - NHS~~

Bone fragility in men in old age is the result of reduced bone size or architectural changes accompanying bone loss such as cortical thinning, trabecular thinning, and loss of connectivity. Men have fewer spine fractures than women because their peak bone size is greater; greater vertebral width (not height) confers greater breaking strength.

~~Osteoporosis in Men | ScienceDirect~~

Since the publication of the first edition, the U.S. Surgeon General released the first-ever report on bone health and osteoporosis in October 2004. This report focuses even more

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attention on the devastating impact osteoporosis has on millions of lives.

~~Osteoporosis in Men – 2nd Edition~~

As many as 2 million American men already have osteoporosis, the bone thinning that makes bones brittle and porous and at likely to fracture. Twelve million men are at risk, and may have early...

~~Male Osteoporosis: Bone Mass Matters~~

Bisphosphonates can cause side effects. These include nausea, abdominal pain, irritation of the esophagus and difficulty swallowing. One rare but serious side effect is death of the jawbone caused by poor blood supply.

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~~Osteoporosis Guide: Causes, Symptoms and Treatment Options~~

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Osteoporosis may be due to lower-than-normal maximum bone mass and greater-than-normal bone loss. Bone loss increases after menopause due to lower levels of estrogen. Osteoporosis may also occur due to a number of diseases or treatments, including alcoholism, anorexia, hyperthyroidism, kidney disease, and surgical removal of the ovaries.

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Osteoporosis—Wikipedia

Osteoporosis is a progressive and systemic skeletal disease characterised by low bone mass and bone mineral density. Loss of bone mineral density usually starts around the age of 30-40 years in both men and women; by the time you cross the age of 60 years, the risks of developing osteoporosis become higher.

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