

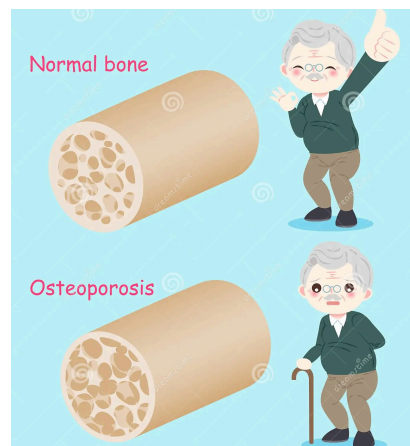
Osteoporosis – not just a woman's disease

'Only women get osteoporosis, right?' Not quite.

At least one in five Kiwi men will break a bone because of osteoporosis and when men get a hip fracture, they're more likely to require care in a long-term facility. Even worse, 37% of men who get a hip fracture will die within a year after the accident. It shouldn't be this way.

One of the biggest issues is that people simply don't know that men are also at risk of this disease. In fact, men are less likely to be assessed or receive treatment for osteoporosis after they've broken a bone. It's incredibly important that men know they're at risk of this disease.

The good news is, it's never too late to start taking action for your bones. Here are three ways men (and women) can help minimise the risk of osteoporosis.



1. Maintain a healthy body weight

If you have lower body weight, you're more likely to have less bone issues.

Also, if you're older, having low body weight will mean you have less fat padding around the hips, taking away a nice cushion to minimize the impact of all fall. So, make sure you eat a balanced nutritional diet, and maintain a healthy body weight.

2. Quit smoking

Smoking slows down the cells in your body that build bone health. If you're a smoker, try to decrease how much you smoke, or quit entirely so that your bones can stay healthy.

3. Don't drink as much alcohol

This is also a tough habit to break. But alcohol affects the cells that build and break down bone. Too much alcohol can also make you unsteady on your feet, making you more likely to trip, fall and break a bone. Try to decrease your alcohol intake. Seriously your bones will love it.

4. Exercise

Most importantly if you or the men in your life have broken a bone following a simple trip or fall since you turned 50, you are twice as likely to break another bone in the future.

And, if you would like to learn more about how to improve your bone health, please visit the website www.knowyourbones.org.nz

If you need help to gain weight or want an exercise programme that is right for you, just contact Therapy Professionals Ltd phone: 03 377 5280 or email: admin@tpl.nz. Our friendly therapists can help.

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