

Osteoporosis in Men - A Condition That Requires Attention

Diagnosis of osteoporosis in men is not easy due to greater bone mass



Osteoporosis is a brittle bone disease that is known to affect men less commonly when compared to women. While on the other hand, the diagnosis of this condition is difficult in men due to certain parameters that have been set more in accordance to women when it comes to bone density testing. Osteoporosis is a silent condition that generally does not show symptoms. The most common symptom faced by affected people is fracture after osteoporosis has done enough damage.

Bone density testing is one of the reliable screening methods that are used for the diagnosis of osteoporosis that measures the solidity of the bones. The standards set for the determination of test results are according to the general population and the point here to be noticed is they are set in accordance with younger women more than men. Women already have lower bone density than men and when the results show lower values, they are considered normal despite the patient being at risk of osteoporosis. Thus, a fracture could be the first symptom noticed by affected people and it could be a serious one that requires surgical intervention using [Ortho Implants](#).

Though women are more prone to osteoporosis yet there are certain risk factors that could lead to osteoporosis in men. One of the most common causes of this orthopedic condition in men is any other chronic condition they are suffering from. It could be lung or kidney disease, diabetes, rheumatoid arthritis, or chronic gut conditions. Besides this, genetic factors like family history of osteoporosis, loss of height, and fractures could also be the reasons for osteoporosis in men.

Multiple causes of such a condition are the reason why treatment of osteoporosis varies from individual to individual. The doctors always find the correct cause of osteoporosis first and then decide the best treatment procedure. Some of the medications that are used for the treatment of osteoporosis may include:

- Bisphosphonates
- Testosterone Therapy
- Parathyroid Hormone Therapy

With the treatment, it is also important to make some lifestyle changes to ensure the effectiveness of the medicines and minimize the risk of complications associated with osteoporosis. In case of fracture, orthopedic implants and surgical instruments might be required for fracture fixation depending upon the location & seriousness. For that, Siora Surgicals Pvt. Ltd. would be the best company.

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Contact Information:

Siora Surgicals Pvt. Ltd.

Address: WZ- 1, 2nd Floor, Phool Bagh, RamPura New Delhi, India

Mobile: +(91)-9810021264

Email: online@siora.net

Source: <https://pressreleasepedia.com/osteoporosis-in-men-a-condition-that-requires-attention/>