

Do men get osteoporosis?

Yes, they do!

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Men's likelihood of developing osteoporosis is real. It often gets overlooked in men because they do not get the early warning signs as women do with menopause. This is because the hormone loss in older men is more gradual than in women.

Hence, there is high chance of it going undetected. Osteoporosis in men will probably remain unnoticed until a fracture occurs, which may be too late for some patients.

Smoking, excess alcohol use, low calcium intake, inadequate physical activity, overconsumption of carbonated drinks and no exposure to sunlight may lead to osteoporosis.

Sadly, the consequences of osteoporosis may be most damaging, physically, socially and emotionally. A fracture in hip may impair a person's ability to walk. Worse still, it could also cause permanent disability.

Men also should not rule out osteoporosis, especially if they notice loss of height, change in posture or sudden onset of severe back pain and neck pain.

Like women, men also should not rule out osteoporosis, especially if they notice loss of height, change in posture or sudden onset of severe back pain and neck pain. Moreover, a sedentary lifestyle is the major risk factor in osteoporosis.

You can reduce bone loss and fracture risk by eating healthy and exercising regularly. Walking, dancing and aerobics are also highly recommended to improve bone strength.

Bones are not made from calcium alone. They need nourishment from calcium, vitamin D, phosphorus, magnesium, and boron. A diet poor in these nutrients may lead to osteoporosis.

Whole grains, beans, fresh fruits & vegetables, fish with meat are good sources of magnesium, zinc, and copper which support the bone formation.

Low-fat dairy products (milk, cheese, yoghurt, etc), salmon, sardines, almonds, green leafy vegetables are good sources of calcium. Vitamin D also aids in absorption of calcium in the body. Sunlight aids in Vitamin D formation so do expose yourself to sunlight for your body to produce sufficient Vitamin D.

What is in an egg salad?

An egg salad is an ideal snack for those who are lactose allergic. One large egg contains 25 to 30mg calcium providing 3 to 4% Daily Value (DV).

Mixing it with lettuce gives you 36 to 40mg calcium/100g providing 4% DV, with croutons (6 to 7 pieces) providing 2% DV. Altogether you can get 10% DV of calcium from this colourful snack.

In addition, we get vitamin C, iron, and fibre from the green leaves. Croutons are high in calories, especially from fat so let's us use this sparingly.



SOURCES OF CALCIUM

▲ Low fat milk, cheese, and yoghurt are rich sources of calcium for those who are not lactose intolerant.

▲ Salmon, sardine and anchovy are high in calcium.



▲ Nuts, seeds and beans are good sources of calcium. So are spinach, okra, mustard green, swiss chard and broccoli.



▲ Egg is a good source of Vitamin D that enhances the absorption of calcium.



The bone loss and fracture risk can be reduced if we follow healthy habits like – improved diet and physical activity. We should do everything to minimise chronic stress because it can affect our mineral balance and result in poor bone density.

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