

Get Moving!

Aim for 30 minutes of weight-bearing exercise on most days, such as:

- Hiking
- Jogging
- Brisk walking
- Racquet sports
- Basketball
- Soccer

Try to do muscle-strengthening exercise 2-3 times per week, such as:

- Lifting weights
- Using elastic exercise bands
- Using weight machines
- Lifting your own body weight

Always check with your healthcare provider to find out what exercises are safe for you.

Get Tested

If you're 70 or older, you should have a bone density test. If you're younger, here are some reasons why you may need a test:

- You're receiving androgen deprivation therapy for prostate cancer.
- You've broken a bone after age 50.
- You have a medical condition or take a medicine associated with osteoporosis.
- You're being treated for osteoporosis.
- You've lost height or your spine is curving forward.
- You're taking or planning to take steroid medicines in a daily dose of 5 mg or more per day for 3 or more months.

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The Men's Pocket Guide to Osteoporosis



(800) 231-9994
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Osteoporosis and Men

If you think you're not at risk for osteoporosis because you're a man, think again. Consider the following facts:

- Up to one in four men over age 50 will break a bone due to osteoporosis.
- Men older than age 50 are more likely to break a bone due to osteoporosis than to get prostate cancer.
- Approximately two million American men already have osteoporosis and about 12 million more are at risk.

Take the time now to learn if you could be at risk and start taking steps to protect your bones.

Get Calcium* and Vitamin D Daily

Age	Calcium	Vitamin D
Under age 50	1,000 mg	400-800 IU
Age 50-70	1,000 mg	800-1,000 IU
Age 71 and older	1,200 mg	800-1,000 IU

*This includes the total amount of calcium you get from both foods and supplements.

Examples of Calcium-Rich Foods**

Milk, 8 oz.	300 mg
Yogurt, 6 oz.	300 mg
Cheddar cheese, 1 oz.	205 mg
Broccoli, cooked, 8 oz.	60 mg
Kale, cooked, 8 oz.	95 mg
Orange juice with added calcium, 8 oz.	300 mg

**Calcium content is estimated.

Bone Health Tips for Men

- Eat healthy and exercise; take supplements when necessary.
- If you smoke, stop.
- Keep your alcohol intake to no more than two drinks per day.
- Ask your healthcare provider when you should have a bone density test.
- If you break a bone, ask if you could have osteoporosis.
- If you find out you have osteoporosis, ask about treatment options.