



Not Just for Women - Men Too at Risk of Developing Osteoporosis

August 09, 2017

August 09, 2017 - PRESSADVANTAGE -

Calgary, Canada: As a part of their 2017 campaign on osteoporosis awareness, Nutriden Inc, a company involved in creating high-quality nutritional supplements, has outlined new facts surrounding osteoporosis and its impact on men's health.

Bone health has always been a major cause of worry for women as they are genetically pre-disposed towards developing osteoporosis. Yet, it has emerged that as men age their chances of developing osteoporosis increases as well.

According to Tom Schumlich, CEO at Nutriden Inc, "Osteoporosis is a serious condition that can lead to painful bone fractures and massive loss of mobility and independence. Through our awareness initiative, we hope to help both men and women understand the value of maintaining their bone health."

The National Institute of Health states that commonly, there are two causes of osteoporosis. Women suffer from osteoporosis due to the primary cause of aging - they start losing their bone density after the early age of 50, with men following suit at the age of 70. However, men require the presence of additional causes to

develop this condition. Some known secondary causes are - exposure to glucocorticoid medications, hypogonadism (low levels of testosterone), alcohol abuse, smoking, gastrointestinal disease, hypercalciuria, and immobilization among others.

While men may need additional conditions to develop osteoporosis, the treatment remains the same for both genders. Estrogen therapy, a hormonal therapy used for treating osteoporosis, is also used to treat men for this condition. Paul Mystkowski, MD, an endocrinologist at Virginia Mason Medical Center in Seattle and clinical faculty member of the University of Washington in Seattle says, "If one looks at men who lack an enzyme to make even small amounts of estrogen because they were genetically born that way, they get osteoporosis. If one gives them estrogen, their osteoporosis improves. So even though estrogen doesn't circulate in very high concentrations in men, it's a critical factor for bone health."

Thus, osteoporosis is not just a threat to women but something that men should be concerned with as well. The right form of nutrition and exercise such as an increase in Calcium intake along with a weight bearing exercise routine can help people fortify their bone mass and increase its strength. To learn more about osteoporosis and other lifestyle diseases, visit Nutriden Inc's official website or check out its storefront at the Amazon Marketplace.

###

For more information about Nutriden Inc, contact the company here: Nutriden Inc
Tom Shumlich 844-466-8874
tom.shumlich@nutriden.com
PO Box 36119 Lakeview PO
Calgary AB T3E 7C6 Canada

Nutriden Inc

Nutriden Inc. is a privately held company committed to providing its customers a brand Nutritional Supplements that is first and foremost safe and of the highest quality, potency, and efficacy.

Website: <http://nutriden.com/>

Email: tom.shumlich@nutriden.com

Phone: 844-466-8874



