

# Osteoporosis & Men

Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue, which can lead to increased risk of fracture. The most common fractures associated with osteoporosis are in the hip, spine, wrist, and shoulder. A common myth is that men do not get osteoporosis. The truth is, men do get it! Many men are unknowingly experiencing negative symptoms of this disease. At least one in five men will break a bone as a result of osteoporosis and 25% of the 30,000 hip fractures caused by osteoporosis in Canada are in men. The good news is that you can be screened for osteoporosis by your healthcare provider and take preventative steps as you age.

Want to know your risk of developing osteoporosis? Visit [www.osteoporosis.ca](http://www.osteoporosis.ca), take the quiz and speak with your healthcare provider about your results.

To learn more, visit [www.osteoporosis.ca](http://www.osteoporosis.ca) or your region's local osteoporosis awareness website.



For more information visit:  
[WWW.MAGNAWELLNESS.CA](http://WWW.MAGNAWELLNESS.CA)

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