

Men and Osteoporosis

Now, a health minute.

Osteoporosis is a disease that weakens the bones in the body. While its typically thought of as a woman's disease it's an issue for millions of men in the US.

There are some things men can do to help prevent Osteoporosis.

This includes getting enough calcium.

Adults over age 50 need 1200 mg of calcium a day.

Do this by eating a diet rich in green leafy vegetables and low-fat dairy products, like cheese, milk, and yogurt, or calcium fortified products like juices and cereals.

Vitamin D is also essential. Vitamin D comes from the sun, but if you have limited sun exposure you can take supplements.

It's also important to do regular weight bearing exercises to help strengthen your bones.

At your next doctor's appointment, talk about your risk for Osteoporosis and what you can do to prevent it.