

OSTEOPOROSIS

Bones gradually weaken from calcium loss due to the natural process of aging. Osteoporosis is mistakenly thought to occur only in women. However, one-third of hip fractures occur in men of advanced age. Bone fractures have dire consequences associated with shortened survival, chronic pain, and loss of height. Causes of osteoporosis include overactive thyroid or parathyroid glands, excessive alcohol, caffeine, or tobacco use, excess vitamin A, lack of exercise, and vitamin D deficiency. Hormone therapy used to treat prostate cancer is a very common cause of osteoporosis.

ONLY SCANS CAN DETECT OSTEOPOROSIS

Osteoporosis is a totally silent process. It needs to be identified and treated before a fracture occurs. DEXA and QCT scans are used to detect osteoporosis. While both scans are accurate in women, only QCT is accurate. In men, DEXA seriously underestimates the degree of osteoporosis in the spine.

OSTEOPOROSIS TREATMENT PROTOCOL:

1. Calcium 500 mg with dinner or at bedtime
2. Vitamin D 1,000 units daily. Adjust dosage according to measured blood levels.
3. Begin a weight-bearing exercise routine
4. Consider prescription medication with Fosamax, Boniva, or Prolia

ANNUAL PHYSICAL EXAM

Everyone should have an annual physical with standard blood tests. Testing should include liver and kidney function, mineral levels, vitamins B12 and D, hormone levels, and glucose.

CONCLUSION

The screening and early prevention programs outlined in this brochure are simple but wise investments in preserving your health. The serious conditions mentioned above can incubate silently and when their symptoms do finally present, it may be too late. The sensible interventions listed above can detect and prevent life-threatening problems at the earliest possible stage.

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**PROSTATE CANCER
RESEARCH INSTITUTE**

Men's HEALTH

LEARN ABOUT HEART DISEASE,
COLON CANCER, LUNG CANCER,
FLU & PNEUMONIA, SARCOPENIA,
& OSTEOPOROSIS AT ANNUAL
PHYSICAL

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THE BIG PICTURE

Only a minority of men diagnosed with prostate cancer will succumb to it. The vast majority will die from completely unrelated causes due to advancing age. See Table 1 for the ten most common causes of death in men.

Table 1
Annual U.S. Male Death Rates

Heart Disease	350,000
Lung Cancer	89,000
Stroke	65,000
Accidents	63,000
Emphysema	62,000
Diabetes	31,000
Prostate Cancer	28,000
Flu/Pneumonia	27,000
Colon Cancer	25,000
Suicide	23,000

HEART DISEASE

Heart disease is by far the number one killer. The cause is cholesterol plaque, otherwise known as "hardening of the arteries" or atherosclerosis. Cholesterol can infiltrate the arterial wall and cause inflammation and scarring. Over time, this scar tissue calcifies and can inhibit blood flow. When plaque blocks an artery, a heart attack occurs. Similarly, a stroke occurs if an artery supplying blood to the brain is blocked.



MEASURING PLAQUE WITH SCANS

Cholesterol tests measure the cholesterol floating in the blood. However, the most important question is, "How much cholesterol is sticking to the arterial wall?" Modern CT scans accurately measure coronary plaque with minimal radiation exposure, a dose similar to a set of dental X-rays. Alternatively, a color Doppler ultrasound, which emits no radiation whatsoever, measures plaque in the carotid arteries leading to the brain.

COLON CANCER

Colon cancer is easily curable when detected early. A colonoscopy (a procedure performed by a physician called a gastroenterologist) is used to screen for colon cancer. There is also a new prescription based, non-invasive screening stool test called Cologuard that is covered by insurance and recommended every three years.

LUNG CANCER

Smokers who forgo lung scans are taking a huge risk. Lung cancer is almost universally fatal if diagnosed after symptoms such as cough, chest pain, or weight loss appear. CT scans can detect small lung cancers at an early stage when they can still be surgically removed and cured. Smokers (and any ex-smokers who quit in the last 10-15 years) should be routinely scanned each year.

FLU & PNEUMONIA

The flu is easily recognized by the sudden onset of fever, sore throat, and body aches. Yearly flu vaccines are available for prevention. Most people don't realize that flu antibiotics are effective when started in the first 24 hours of initial flu symptoms. The risk of pneumonia can be reduced by undergoing once-in-a-lifetime vaccination with Pneumovax and Prevnar-13.

SARCOPENIA

Muscle mass and strength automatically decline with age. Studies in otherwise healthy individuals demonstrate that poor fitness is just as dangerous as smoking! Similar studies in cancer patients also confirm substantially improved survival rates for men who exercise regularly. Table 2 shows the dramatic difference in predicted 10-year survival of men age 65 depending on their fitness level. Sarcopenia can be prevented with regular exercise consisting of weight training for an hour twice a week.

Table 2
How Fitness Predicts Survival in 65 Olds

Degree of Fitness	10-Year-Survival
Superior	90%
Average	75%
Inferior	60%



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