

**Mayo Clinic Minute: Osteoporosis affects men, too**

VIDEO	AUDIO
Jason	Osteoporosis is thinning of your bones to the point where they can break.
<b>Bart Clarke, M.D.</b> <b>Endocrinology</b> <b>Mayo Clinic</b>	“Bone loss really starts to occur in a big way at about age 55. So mid-50s is the usual age range.”
Jason	Dr. Bart Clarke, a Mayo Clinic endocrinologist, is medical editor of the <i>Mayo Clinic Guide to Preventing and Treating Osteoporosis</i> . He says women are most at risk, especially past menopause when bone loss is accelerated because of a lack of estrogen.
Jason	But women aren’t the only people affected.
Dr. Clarke	“About 20 percent of the patients in the country who have osteoporosis are men.”
Jason	Without a bone density test, most people won’t even know they have osteoporosis because there are usually no symptoms until a bone is broken ...
Dr. Clarke	“... which is one of the reasons why this is dangerous. Because it’s like having high blood pressure or high blood sugar. Many times, you have no clue because nobody’s checked.”
Jason	If you’re in your 50s, Dr. Clarke recommends talking to your primary care provider and asking about bone density testing if you have had previous low-trauma fractures or risk factors for osteoporosis.
Jason	For the Mayo Clinic News Network, I’m Jason Howland.