



# PUSH FOR MEN IN OSTEOPOROSIS SCREENING GUIDELINES

*Osteoporosis affects more men than prostate cancer*

*National Jewish Health*

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<b>SUGGESTED TEASE</b>	MENTION OSTEOPOROSIS AND MOST PEOPLE THINK OF ELDERLY WOMEN. A LEADING RESEARCHER, HOWEVER, SAYS MEN SHOULD BE SCREENED AS WELL. WE'LL SHOW YOU WHY, COMING UP.
<b>ANCHOR LEAD</b>	<p>MORE THAN HALF OF ALL ADULTS IN THIS COUNTRY SUFFER FROM EITHER OSTEOPOROSIS OR LOW BONE MASS.<sup>1</sup> WHICH PUTS THEM AT HIGH RISK FOR EASILY BROKEN BONES. AND THAT'S EXPECTED TO GROW IN THE COMING YEARS.</p> <p>ALTHOUGH MOST PEOPLE ASSOCIATE OSTEOPOROSIS WITH WOMEN, THEY ARE NOT THE ONLY ONES AFFECTED BY LOW BONE DENSITY. ONE IN FOUR MEN OVER THE AGE OF 50 WILL BREAK A BONE AS A RESULT OF THIS CONDITION -- THAT'S MORE THAN WILL HAVE PROSTATE CANCER.<sup>2</sup></p> <p>CLARK POWELL REPORTS ON WHY THERE'S A NEW PUSH TO ADD MEN TO OSTEOPOROSIS SCREENING GUIDELINES.</p>
	(Nats -Gary lifts weights) :02
<b>CG: Courtesy: National Jewish Health</b>  Gary lifting weights	GARY HUNTER WORKS OUT ON A REGULAR BASIS. BUT NOT LONG AGO, HE COULD BARELY EVEN WALK. WHILE TRYING TO PICK UP AN OXYGEN TANK THAT HE USES TO HELP HIS LUNG DISEASE, GARY SNAPPED A VERTEBRAE IN HIS BACK. :11
<b>CG: Gary Hunter Had osteoporosis</b>	"It hurt to walk to the bathroom. It hurt to sit down and get up. It hurt to turn your head." :07
Gary exam with Dr. Maleki  Dr. Regan looking at bone x-ray	GARY WAS SHOCKED TO LEARN THAT HIS BROKEN BACK WAS CAUSED BY OSTEOPOROSIS. BUT RECENT RESEARCH FROM NATIONAL JEWISH HEALTH SHOWS THAT MANY MEN, ESPECIALLY SMOKERS, ARE AT HIGH RISK FOR OSTEOPOROSIS. <sup>2</sup> DOCTOR ELIZABETH REGAN ( <i>Pronounced: REE-Gann</i> ) STUDIED MORE THAN THREE THOUSAND CURRENT OR FORMER SMOKERS, TESTING THEIR BONE DENSITY. AND WHAT SHE FOUND WAS SURPRISING. :20

<b>CG: Elizabeth Regan, MD, PhD National Jewish Health</b>	<p>“We actually found that men were slightly more likely to have low bone density, and that they were slightly more likely to have vertebral fractures.” :10</p>
<p>Shots of man getting bone scan</p>	<p>CURRENT GUIDELINES RECOMMEND BONE DENSITY SCREENING FOR WOMEN ONLY, BUT BECAUSE OF THESE STARTLING NEW FINDINGS, DOCTOR REGAN (<i>Pronounced: REE-Gann</i>) SAYS THAT OSTEOPOROSIS SCREENINGS SHOULD BE EXPANDED TO INCLUDE MEN. :11</p>
<b>Dr. Regan (CG'd above)</b>	<p>“I think that men who have been, who are current smokers, or have been heavy smokers in the past and may have stopped should be screened for low bone density.” :12</p>
<p>Gary on second weight machine</p>	<p>THE GOOD NEWS IS -- WITH PROPER TREATMENT, YOU CAN MINIMIZE OSTEOPOROSIS. THROUGH LIFESTYLE CHANGES AND MEDICATION, GARY'S BONE DENSITY HAS IMPROVED. AND HE'S GETTING STRONGER EVERY DAY. AT NATIONAL JEWISH HEALTH IN DENVER, THIS IS CLARK POWELL REPORTING. :14</p>
<b>ANCHOR TAG</b>	<p>ACCORDING TO DOCTORS AT NATIONAL JEWISH HEALTH, THE SCREENING FOR OSTEOPOROSIS CAN EITHER BE THE STANDARD BONE DENSITY SCAN, OR A C-T SCAN -- WHICH IS SOMETIMES USED TO SCREEN HEAVY SMOKERS FOR CANCER. IF YOU'RE UNSURE IF YOU'RE AT-RISK FOR OSTEOPOROSIS, TALK TO YOUR DOCTOR.</p>
 <b>Share it! Suggested tweet:</b>	<p>Why researchers at <a href="#">@NJHealth</a> say men should be included in osteoporosis screening guidelines. <a href="http://bit.ly/1bD0dTK">bit.ly/1bD0dTK</a></p>
 <b>Suggested post:</b>	<p>Current osteoporosis screening guidelines only include women. But researchers at <a href="#">National Jewish Health</a> say men should be included too. Here's why: <a href="http://bit.ly/1bD0dTK">http://bit.ly/1bD0dTK</a></p>
<b>References -</b>	<p><sup>1</sup> National Osteoporosis Foundation, June, 2014: <a href="http://nof.org/news/2948">http://nof.org/news/2948</a>  <sup>2</sup> National Osteoporosis Foundation, <a href="http://nof.org/articles/236">http://nof.org/articles/236</a>  <sup>3</sup> Annals of American Thoracic Society, February 26, 2015: <a href="http://www.atsjournals.org/doi/abs/10.1513/AnnalsATS.201412-591OC#.VS8jchPF874">http://www.atsjournals.org/doi/abs/10.1513/AnnalsATS.201412-591OC#.VS8jchPF874</a></p>
	<b>Extra Bites</b>
<b>CG: Elizabeth Regan, MD, PhD National Jewish Health</b>	<p><i>Dr. Regan discusses the comparison in bone density between men and women.</i></p> <p>And that was the big surprise to us was that it wasn't just women. We expected women to have a lower density. So the fact that we found that men and women looked basically the same -- they seemed to have as many vertebral fractures and as much low bone density was totally unexpected.” :20</p> <p><i>Dr. Regan talks about screening recommendations in the U.S.</i></p> <p>“As a matter of fact, the screening recommendations that are put</p>

	<p>out by the U.S. Preventive Task Force do not include a recommendation to screen men.” :10</p> <p><i>Dr. Regan talks about the effects of men not knowing they have low bone density.</i></p> <p>“I think that means that a sizable number of men who have low bone density are not getting diagnosed and they’re not getting treated. And so they’re sustaining fractures that they could avoid. And that’s not a good thing.” :14</p>
<p><b>CG: Mehrnaz Maleki, MD</b> <b>National Jewish Health</b></p>	<p><i>Dr. Maleki discusses the lack of osteoporosis symptoms in patients.</i></p> <p>“Osteoporosis may not have any signs, and that can be a problem for diagnosis that the patient does not have any symptoms.” :07</p> <p><i>Dr. Maleki discusses important life habits that may help avoid osteoporosis.</i></p> <p>“The main thing is weight bearing exercise. So it’s very important not to have a sedentary lifestyle. And also a diet that is rich in calcium and vitamin D.” :11</p>
<p><b>CG: Gary Hunter</b> <b>Had osteoporosis</b></p>	<p><i>Gary talks about advice he gave women, that he didn’t realize applied to him as well.</i></p> <p>“I’ve always told women, you know take your calcium, take your vitamin D. I never thought before this to come up to talk to men about it.” :08</p> <p><i>Gary talks about the importance of taking care of yourself.</i></p> <p>“If there’s a message, take care of yourself and, you know, when you have a problem --a medical problem -- get some place and get it taken care of.” :10</p>
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