

JOEL FUHRMAN, MD

Osteoporosis risk in men

Osteoporosis is often considered a silent disease because it progresses without symptoms until a fracture occurs. Most women are aware that their risk of osteoporosis increases after menopause, and many choose to take the necessary steps — via diet, supplements and exercise — to prevent fractures from occurring.

However, what women may not know is that their husbands, fathers and brothers should also be concerned about bone health.

Statistics from the National Osteoporosis Foundation suggest that osteoporosis poses a significant threat to millions of women in the U.S. — and millions of men, too.

Fortunately for both, bone health is strongly influenced by nutrition and lifestyle, and there are healthy behaviors that can help to prevent osteoporosis.

Osteoporotic fractures do

occur more frequently in women than men. However, one-third of all hip fractures occur in men, and the consequences of fractures are more severe for men than for women.

Men are almost twice as likely as women to die during hospitalization following a hip fracture, and loss of independence after a hip fracture is far more common in men than women.

Hormonal changes that occur with age can affect bone health. In women, it is known that the decline in estrogen that occurs with menopause contributes to bone loss. Although testosterone is the predominant sex hormone in men, men also produce estrogen.

Estradiol, one form of estrogen, is formed when testosterone is metabolized; both estradiol and testosterone contribute to male bone health.

Levels of testosterone and estradiol decline in men with

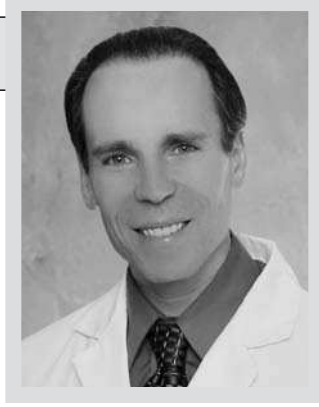
aging, resulting in decreased bone building and increased bone breakdown. Because of the hormonal influences on bone health, men who are being treated for prostate cancer with androgen deprivation therapy may be at increased risk of osteoporosis.

What can men do to protect their bones? Bone health is strongly influenced by diet and lifestyle.

The behaviors that help to prevent osteoporosis are the same for men and women: increasing muscle strength with weight-bearing exercise, maintaining adequate vitamin D levels, and following a Nutritarian diet rich in green vegetables, beans and seeds.

Prevent osteoporosis with exercise and superior nutrition.

Being fit and having excellent nutrition is not just the right thing for your heart, brain and your prostate. Your bones benefit too.



Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine. Visit his website at DrFuhrman.com, or submit questions and comments to newsquestions@drfuhrman.com.

FEC Season of Caring artist reception set

On Saturday, Nov. 14, from 10 a.m. to 3 p.m., the public is invited to attend an artist reception that will benefit nonprofit organizations Food Share and Siuslaw Outreach Services (SOS).

There will be a bin for food donations, and one for donations of warm coats and blankets to help those in need in the community.

From 11 a.m. to 1 p.m., visitors are invited to a

soup-kitchen style lunch with live music hosted by the Friends of FEC Gallery Committee.

For \$1, patrons will be served soup and bread, coffee and water. There will also be an art raffle to benefit Food Share and SOS, with local artists donating art works and jewelry for the raffle.

All proceeds from the art raffle and soup kitchen lunch will be donated to Food Share and SOS.



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Light Up a Life this winter with PeaceHealth

PeaceHealth Peace Harbor Hospice hosts its annual Light Up a Life ceremony on Saturday, Dec. 12, from 2 to 3:30 p.m., at the Florence Events Center.

Money raised at this event will go to support a variety of hospice programs throughout the year.

The event allows anyone to purchase a star in remembrance of someone who has passed away or to honor some-

one who has made a difference in their life. All are welcome.

Admission to the event is free. A tree decorated with the stars of names that are being honored will be lit.

Refreshments and music will be provided.

If you would like to recognize someone special in your life you can make a donation to PeaceHealth Peace Harbor Hospice, 400 Ninth St., and a star will recognize your loved

one during the "reading of the names" ceremony.

Contributions are tax deductible and 100 percent of contributions to Light Up A Life remain in Florence to benefit PeaceHealth Peace Harbor Hospice program, a nonprofit organization.

For more information about PeaceHealth Peace Harbor Hospice or the annual Light Up a Life celebration, call 541-997-3418.

the spotlight

A weekly roundup of shopping, saving, dining and doings around town.

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