

12<sup>th</sup> International Conference on  
**OSTEOPOROSIS, ARTHRITIS AND MUSCULOSKELETAL DISORDERS**  
March 13-14, 2019, London, UK

**Osteoporosis in male patients: Epidemiology, clinical aspects and DEXA Scan assessment**

**Valerio Pace**

University of Perugia, Italy

**O**steoporosis in male patients affects a significant number of the overall population and is the cause of a relevant percentage of fragility fractures. Our aim: to describe the epidemiology, clinical aspects and DEXA Scan assessment and results of osteoporosis in male patients at one single specialist center. Retrospective study. All DEXA Scans performed at one single specialist center within one year were selected. We sub-selected scans belonging to male patients older than 18 years. The T-score was utilised for patients older than 50, and the Z-score for patients with an age between 18 and 50. Among the overall 4369 performed scans, 376 (8.6%) matched the including criteria. Among those, 129 (of which 78% aged older than 50) had abnormal scan results. Mean age:  $60 \pm 13$ . BMI:  $25,5 \pm 2,8$  kg /m<sup>2</sup>. 61 patients diagnosed with osteoporosis according to scan results and the rest sustained an osteoporotic fracture. Densitometric osteoporosis: 49% spine, 33% hip, 18% spine and hip. 30 of the 61 patients had history of osteoporotic fracture of the spine, hip, wrist or other sites. 21% of these 30 patients was older than 50. Causes of osteoporosis: 24% idiopathic, 18% related to steroids, 19% related to lack of vitamin D, 16% related to chronic renal insufficiency. Osteoporosis in males must be considered a serious disease. 1 in 6 of the included patients had diagnosis of osteoporosis. This was commonly associated to other comorbidities. Half of these cases had severe osteoporosis. More frequently osteoporosis is associated to secondary causes, which could be early diagnosed and used to plan prevention/treatment strategies. Diagnosis of osteoporosis is usually delayed. Therefore, we would like to highlight the importance of osteoporosis in males and advocate better consciousness within the medical community in order to improve early diagnosis, prevention and treatments, especially among high risk patients.

valeriopace@libero.it