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Association of Bone Mineral Density and Lifestyle in Men

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Abstract:

Background: Recently, osteoporosis is an increasingly important public health problem in men. The aim of this study was to investigate relationship between life style and bone mineral density in men. Methods: Among the 20-76 year-old men of Tehran, 325 persons were selected randomly from 50 clusters. The persons suffering from rheumatoid arthritis, thyroid diseases, fractures or other conditions which effect bone metabolism were excluded. All participants underwent clinical examinations and lumbar and spinal densitometry using DXA method. Results: In lumbar spine, peak bone density was seen between ages 25 and 40 yr and in hip, between 20 and 30. In men older than 50 yr, prevalence of osteoporosis and osteopenia, were 3.9% and 50%, respectively. Bone mineral density was significantly correlated to calcium and vitamin D intake, physical activity and smoking. Conclusion: Nutritional intake and physical activity are important factors in maintaining bone mineral density. Peak bone density in 20-40 year-old population and its relation to life style could be useful in policy-making for the prevention of osteoporosis.

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