



What Prostate Cancer Survivors Need To Know About Osteoporosis

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The impact of prostate cancer

Next to skin cancer, prostate cancer is the most common type of cancer among American men. The cancer usually grows very slowly, however, and most men who are diagnosed with prostate cancer live for many years. Still, prostate cancer can be serious and, in some cases, life threatening.

Facts about osteoporosis

Osteoporosis is a condition in which bones become weaker, less dense, and more likely to break. Many people – even some doctors – think of osteoporosis as a women's disease, but millions of men develop it, too. Men who break bones are less likely than women to be treated for bone disease, even though treatment can help prevent broken bones in the future.

Risk factors for developing osteoporosis include:

- Being thin or having a small frame.
- Having a family history of the disease.
- Using certain medications, such as glucocorticoids.
- Not getting enough calcium.
- Not getting enough physical activity.
- Smoking.
- Drinking too much alcohol.

Osteoporosis is a silent disease because it can weaken bones over the years without causing symptoms. For men coping with prostate cancer, weak bones may not seem very important. But weak bones can cause problems because they break easily, and broken bones often initiate a downward health spiral. But it is never too late to improve your bone health: osteoporosis can be treated and prevented.

The link between prostate cancer and osteoporosis

Most men diagnosed with prostate cancer are age 65 or older. And, as men get older, their risk for osteoporosis also increases.

Studies show that men who receive hormone deprivation therapy for prostate cancer have an increased risk of developing osteoporosis and broken bones. Hormone deprivation therapy is also called androgen deprivation therapy because it deprives cancer cells of the male hormones (called androgens) that the cancer needs to grow.

Hormones such as testosterone protect against bone loss. So, once these hormones are blocked, bone becomes less dense and can break more easily.

Osteoporosis management strategies

Several strategies can reduce a man's risk for osteoporosis or lessen its effects if he already has it.

Nutrition. A well-balanced diet rich in calcium and vitamin D is important for bone health. Good sources of calcium include low-fat dairy products; dark green, leafy vegetables; and calcium-fortified foods and beverages. Taking dietary supplements or multivitamins also can help ensure that you meet your body's daily calcium requirement.

However, some evidence suggests that high calcium intake might be associated with the development of prostate cancer. But the studies that produced these findings are not definitive. In fact, other studies have shown a weak relationship, no relationship at all, or the opposite relationship between calcium and prostate cancer. At this point, researchers can only say that the relationship between calcium and prostate cancer risk remains unclear. Currently, it is recommended that men age 19 to 70 consume 1,000 mg (milligrams) of calcium per day, and those over age 70 consume 1,200 mg per day.

Vitamin D plays an important role in calcium absorption and bone health. Some individuals may require vitamin D supplements to achieve the recommended intake of 600 to 800 IU (International Units) each day.

Exercise. Like muscle, bone is living tissue that responds to exercise by becoming stronger. The best exercises for bones are weight-bearing and resistance exercises. Weight-bearing exercises force you to work against gravity. These include walking, climbing stairs, and dancing. Resistance exercises – such as lifting weights – can also strengthen bones.

Regular exercise, such as walking, may help prevent bone loss and provide many other health benefits, such as reducing pain, relieving stress, and making cancer treatment easier to handle.

Healthy lifestyle. Smoking is toxic to bones as well as the heart and lungs. In addition, people who smoke may absorb less calcium from their diets. Studies also have found that heavy drinking hurts your overall health, weakens your bones, and increases your risk of broken bones. Moderate drinking – for most men, this means not more than two alcoholic drinks per day – has not been shown to hurt your bones.

Bone mineral density test. A bone mineral density (BMD) test is the best way to determine your bone health. BMD tests can identify osteoporosis, determine your risk for fractures (broken bones), and measure your response to osteoporosis treatment. The most widely recognized BMD test is called a central dual-energy x-ray absorptiometry (DXA) test. The test is painless – a bit like having an x-ray, but with much less exposure to radiation – and can measure bone density at your hip and spine.

Men being treated for prostate cancer with hormone deprivation therapy should discuss with their doctor whether BMD testing is a good idea.

Medication. There is no cure for osteoporosis, but medications are approved by the U.S. Food and Drug Administration for men with the disease. Although no medications have been approved specifically to treat men with bone problems caused by hormone deprivation therapy for prostate cancer, studies of several medications are underway for this purpose.

Resources

For more information on osteoporosis, contact the:
**NIH Osteoporosis and Related Bone Diseases
National Resource Center**

Website: <https://www.bones.nih.gov>

For more information on prostate cancer, contact the:
National Cancer Institute

Website: <https://www.cancer.gov>

For information on studies sponsored by the National
Institutes of Health, contact the following websites:

Clinical Trials at NIH

Website: <https://www.clinicaltrials.gov>

**Centers for Disease Control and Prevention's
National Center for Health Statistics**

Website: <https://www.cdc.gov/nchs>

If you need more information about available
resources in your language or another language,
please visit our website or contact the NIH
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For your information

This publication contains information about medications used to treat the health condition discussed here. When this publication sheet was developed, we included the most up-to-date (accurate) information available. Occasionally, new information on medication is released.

For updates and for any questions about any medications you are taking, please contact the U.S. Food and Drug Administration toll free at 888-INFO-FDA (463-6332) or visit its website at <https://www.fda.gov>. For additional information on specific medications, visit Drugs@FDA at <https://www.accessdata.fda.gov/scripts/cder/daf>. Drugs@FDA is a searchable catalog of FDA-approved drug products.

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