

## Almost 50% Asian men at risk of bone problems

14 June 2013 | News | By BioSpectrum Bureau



**Singapore:** One-in-two Asian men could be at risk of developing osteoporosis or other bone-related diseases reveals the analysed results of more than 15 million free bone health checks carried out across Asia by nutrition company, Fonterra.

The insights show that the region's men need to do more to look after their bones. Commenting on the results, physician and endocrinologist, Dr Alvin Ng of the Endocrine Clinic at Singapore's Mount Elizabeth Novena Specialist Center, said that, "Osteoporosis, a disease causing bones to breakdown and fracture, has commonly been associated with women and the elderly, but the results unveiled clearly show that men from as young as 20 are also at risk of developing this debilitating disease. A balanced diet, rich in calcium, adequate vitamin D intake and regular weight bearing exercise from an early age significantly reduces bone loss and helps people maintain a fit and active life."

International Osteoporosis Foundation (IOF) CEO, Ms Judy Stenmark, said that it is expected that 50 percent of all osteoporotic hip fractures will occur in Asia by 2050 and IOF has been working in partnership with Fonterra for a number of

years to raise awareness about bone health. "The incidence of hip fracture has already risen 2 to 3 fold in most Asian countries during the past 30 years and it is clear that men are not immune to this trend. In addition, IOF experts have identified low calcium and vitamin D intake across the region as a potential contributing factor for poor bone health in men and women," she said.

Fonterra Nutritionist Joanne Todd said, "We have been conducting our Anlene Bone Health Check since 2005 to raise awareness of Asia's 'silent epidemic' and help educate the public on how they can maintain healthy bones. The initiative provides free bone scans using GE Healthcare's Achilles ultrasonometer technology to provide people with a better understanding of their own bone health."

"In the last three years alone, we've carried out more than 15 million bone scans across Asia and the Middle East and we are committed to building on these efforts to help ensure that people - no matter their age or gender - take action to look after their bones," she said.