

# Stat Check

## OSTEOPOROSIS

In this issue, *Menopause Management* introduces *Stat Check*, a new column that highlights important health-related facts and statistics of interest to you and your patients. In this premier column, we address osteoporosis.

### 44 million...

men and women in the U.S. have osteoporosis or low bone mass. This represents 55% of people aged 55 and older in this country.

*National Osteoporosis Foundation, 2004*

### 52 million...

men and women are expected to be affected by osteoporosis by the year 2010. If the trend continues, this number will rise to over 61 million by 2020.

*National Osteoporosis Foundation, 2004*

### 30 million...

women had osteoporosis or low bone mass in 2002. This number is expected to grow to 35 million in 2010 and 41 million in 2020.

*National Osteoporosis Foundation, 2004*

### 14 million...

men were estimated to have osteoporosis or low bone mass in 2002. By 2010, this figure is expected to climb to over 17 million and to 20 million by 2020.

*National Osteoporosis Foundation, 2004*

### 1.5 million...

or more fractures are due to osteoporosis each year. This includes over 300,000 hip fractures, about 700,000 vertebral

### Many patients are not aware of the following risk factors for osteoporosis:

- Personal history of fracture after age 50
- Current low bone mass
- History of fracture in a first-degree relative
- Female gender
- Being thin or having a small frame
- Advanced age
- Family history of osteoporosis
- Estrogen deficiency as a result of menopause, especially early or induced
- Abnormal absence of menstrual periods
- Anorexia nervosa
- Low lifetime calcium intake
- Vitamin D deficiency
- Use of certain medications, such as corticosteroids and anticonvulsants
- Inactive lifestyle
- Current cigarette smoking
- Excessive alcohol use

fractures, 250,000 wrist fractures, and 300,000 fractures at other sites.

*National Institutes of Health  
Osteoporosis and Related Bone Diseases—  
National Resource Center, 2004*

### \$17 billion...

in national direct expenditures (hospitals and nursing homes) due to osteoporosis and related-fractures were estimated to have been spent in 2001. This breaks down to \$47 million each day.

*National Institutes of Health  
Osteoporosis and Related Bone Diseases—  
National Resource Center, 2004*

### 89%....

of women with osteoporosis who have suffered one fracture fear breaking other bones, 80% are afraid of losing their independence, and 68% worry that another fracture will result in having to enter a nursing facility. Nearly half (46%) think osteoporosis is an unavoidable part of aging.

*Gallup Poll, 2000*

to come