

FORGING THE FUTURE:



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Friday FACTS

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"Leadership, Partnership, and Championship"

Osteoporosis and Men



A drug used to treat osteoporosis in women also is effective in men with the bone-thinning disease. Osteoporosis, a disease that causes the skeleton to weaken and bones to break, is a significant threat to over 2 million men in the United States today, according to the National Institutes of Health (NIH). Osteoporosis affects nearly half of all women and men over the

age of 75. It is estimated that one-fifth to one-third of all hip fractures occur in men. Osteoporosis in men is a significant public health issue, researchers say, particularly in light of estimates that the number of men above the age of 70 in the United States will double between 1993 and 2050. Osteoporosis causes 1.5 million fractures every year in the U.S. -- usually in the spine, hip or wrist.

Alendronate belongs to a class of drugs (bisphosphonate) that inhibits bone breakdown. The Food and Drug Administration approved its use in post-menopausal women for osteoporosis in 1995. For additional information contact: <http://www.osteology.org/>



GMT Resources

CNET has GMT Wellness materials (STD's, Physical Readiness, Suicide Prevention) available for all hands at their website!
<http://www.cnet.navy.mil/cnet/gmt/gmt01/gmtindex01.html>

"Treat the other man's faith gently; it is all he has to believe with. His mind was created for his own thoughts, not yours or mine."

- Henry S. Haskins

September 2000 is Second Annual Prostate Health Month

Prostate Health Month was created in 1999 with the goal of educating millions of American men and their families about the importance of good prostate health and seeing a Urologist for regular check-ups. As part of this national effort, the American Foundation for Urology Disease (A.F.U.D.) has established a Web site, www.prostatehealth.com and a toll-free number, 1-888-237-9004, for individuals to obtain a free brochure on prostate health. During Prostate

Health Month, the A.F.U.D. will host its third annual Benign Prostatic Hyperplasia (BPH) Awareness Week, 24 - 30. BPH, a common condition characterized by progressive, noncancerous enlargement of the prostate affects about one in four men age 50 and older in the United States. In a recent survey conducted by the Foundation, it was discovered that while BPH is the most prevalent prostate problem, only half of those polled were

aware that the condition existed. As a result, the week will focus on increasing awareness of this highly misunderstood condition and encourage men with urinary tract symptoms to see their doctor to determine if they have BPH. To learn more about BPH, individuals can call 1-800-242-2383, or visit www.prostatehealth.com.



We hope you all had successful 5 A Day Week activities.

National Cancer Institute is

interested in highlighting with an article in the next newsletter on what Navy has done to promote 5-10 A Day. If you have done any activities for 5 A Day forward a couple of lines to Mary Kay at Soleram@nehc.med.navy.mil. We have mouse pads for those willing to share their efforts. Remember that Navy is proactive in their efforts and plans activities all year round not only during 5 A Day week in September. So forward your plans to us and visit our web for ideas and resources. If you need any of the award winning videos we'd be happy to send them out.