

Osteoporosis in Men

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This month's quiz is based on the article "Osteoporosis in Men," which begins on page 17 of this issue. Choose the single best answer for each question.

- 1. A 78-year-old man with a long-standing history of seizure disorder treated with phenytoin presents with a hip fracture. Measurement of bone mineral density with dual-energy x-ray absorptiometry (DXA) shows osteoporosis, but all laboratory test results are normal, including kidney, liver, thyroid function tests, and testosterone levels. What is the most probable cause of his osteoporosis?**
 - (A) Age
 - (B) Alcohol abuse
 - (C) Idiopathic
 - (D) Phenytoin use
 - (E) Vitamin D deficiency
- 2. What other laboratory evaluation might help optimize the treatment of the above patient?**
 - (A) 1,25-Dihydroxyvitamin D level
 - (B) 25-Hydroxyvitamin D level
 - (C) Intact parathyroid hormone
 - (D) Prostate-specific antigen
 - (E) Urinary calcium
- 3. What would be the best treatment for the above patient during the hospitalization for the fracture?**
 - (A) Alendronate
 - (B) Calcitonin
 - (C) Calcium and vitamin D replacement
 - (D) Teriparatide
 - (E) B and C
- 4. What is the recommended daily intake of elemental calcium and vitamin D for men over age 65 years?**
 - (A) 1000 mg and 400 IU
 - (B) 1200 mg and 400 IU
 - (C) 1200 mg and 800 IU
 - (D) 1500 mg and 400 IU
 - (E) 1500 mg and 800 IU
- 5. A 55-year-old man is seen in an endocrine clinic for work-up of osteoporosis. His primary care physician ordered a comprehensive metabolic panel and complete blood count, the results of which were normal. What other tests should be ordered for this patient?**
 - (A) 24-Hour urine for protein
 - (B) Testosterone levels
 - (C) Thyroid tests
 - (D) B and C
 - (E) A, B, and C
- 6. Which statement regarding male osteoporosis is correct?**
 - (A) Men with hip fractures are twice as likely to die in the hospital as compared with women
 - (B) The estimated lifetime risk for developing osteoporosis in men is 40%
 - (C) Half of men with osteoporosis have idiopathic disease
 - (D) Men start losing bone mass at the same age as women
 - (E) Osteoporosis screening is recommended for all men over age 65 years

For answers, see page 24.

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Answers to the Clinical Review Quiz which appears on page 28. The article on osteoporosis in men begins on page 17.

1. (D) Phenytoin use
2. (B) 25-Hydroxyvitamin D level
3. (B) Calcitonin
4. (E) 1500 mg and 800 IU
5. (D) B and C
6. (A) Men with hip fractures are twice as likely to die in the hospital as compared with women

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