



# Online Orthopaedics

Medical Article



## Osteoporosis and Cigarette Smoking

A recent study in France, the results of which were published in the Journal of Clinical Endocrinology and Metabolism, found that cigarette smoking in men was associated with significant lower bone mineral density.

Of the men studied, the age range was fifty-one to eighty-five. The median number of cigarettes smoked per day was ten. Low bone mineral density was particularly a problem in those men who weighed less than 165 lbs. The thinnest men seemed to have an elevated blood level of parathyroid hormone, which could contribute to bone loss.

Besides lung cancer, emphysema, and a host of other conditions, osteoporosis must be added to the list of serious health effects caused by smoking.



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**Please consult Dr. Haverbush or a physician for specific treatment recommendations.**

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