

## OSTEOPENIA? OSTEOPOROSIS? BONE RESORPTION?

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Disclaimer: Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing prostate cancer care.

Since the presence of either osteopenia or osteoporosis has been found in men by the time they are diagnosed with prostate cancer, you should receive a bone mineral density/densitometry (BMD) check with, preferably, Quantitative Computerized Tomography (QCT). QCT imaging can distinguish vascular calcifications and degenerative joint disease as not being bone, thus providing a more accurate BMD result. The supposed "Gold Standard" Dual-Energy X-ray Absorptiometry (DEXA) imaging falsely reads calcification and calcium in blood vessels close to bone as being bone density, giving the false impression that all is well when it isn't.

An additional test should also be performed to determine bone resorption. This is a simple Pyrilinks-D Dpd deoxypyridinolene urine test to determine the bone resorption level. Any level above 5.4nmol/mmol should be considered for treatment to arrest the resorption.

The importance of these tests is explained here: <http://tinyurl.com/7ewmovu>

Should any of the foregoing ailments be determined, your physician will likely recommend medications to counter any bone osteoclast activity. It is important to have all dental work completed before ingesting or being infused with and such medications. Please review: <http://tinyurl.com/3m78ymg>