

Writing Assignment #4: Summary of a Genetics-Related Article found in the Popular Press

Women are known and expected to have bone problems, osteoporosis, after the age of 65 compared to men. Therefore, men do not get it checked or scanned unless they start experiencing pain. According to the *New York Times* article, Ronald Klein injured his hip and shoulder at just the age of 52. Given it is not known for men to look into osteoporosis, he was surprised and concerned, so he went to get a density scan for his bones in which he did develop osteoporosis.

On top of the lack of recognition of osteoporosis for men, men are more likely to die from osteoporotic fractures compared to women. This ranges up to 30 percent in one year. To add on, approximately 1 in 5 men will develop a osteoporotic fracture. However, there are medications being prescribed to help preserve the bones or bring back up the density.

This article relates to genetics because of it circling around the topic of osteoporosis which can be genetically inheritable given that bone density is known to be. The topic also being about women being more affected than men is also something related to genetics because it is revealing that women are known to get it because of their genetics of having a lower bone density than men. This does not apply to all women and men, but it does show that there is a significance between the two despite the outcomes of osteoporosis being more severe on men than women. The article is also related to genetics because of the medications being used to help promote bone density which means that there are medications out there that can change the body, specifically bones, in the way that the density increases.

Citation:

Span, P. (2025, October 4). Why Brittle Bones Aren't Just a Woman's Problem. *The New York Times*, Science.

Fuggle, N. R., et al. (2024, March 14). Evidence-Based Guideline for the management of osteoporosis in men. *Nature Reviews Rheumatology*; <https://doi.org/10.1038/s41584-024-01094-9>.

Bliuc, D., et al. (2009 February 4). Mortality risk associated with low-trauma osteoporotic fracture and subsequent fracture in men and women. *National Library of Medicine*; <https://doi.org/10.1001/jama.2009.50>