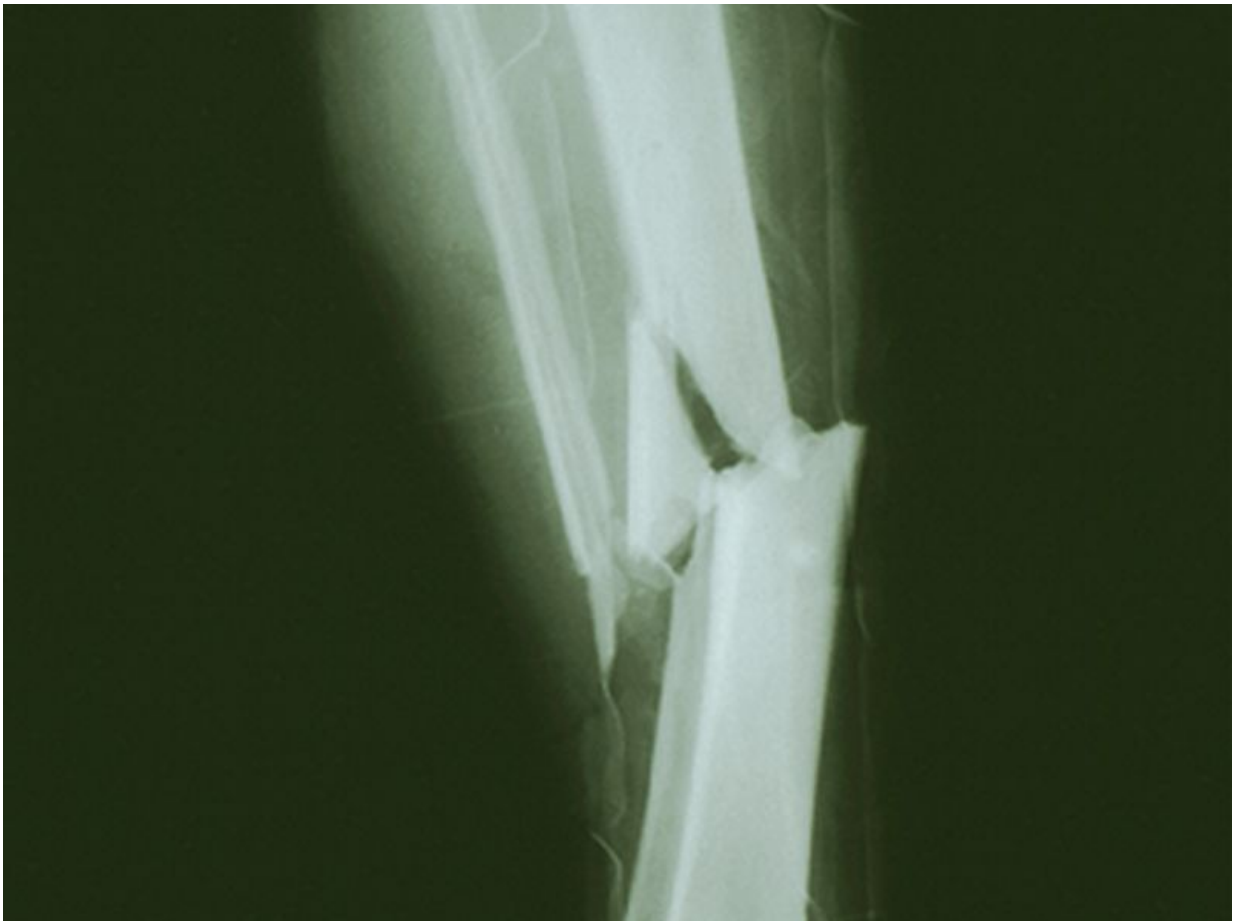


Low serum levels of DHEAS predict fractures in older men

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(HealthDay)—For older men, low serum levels of the adrenal-derived

hormones dehydroepiandrosterone (DHEA) and its sulfate (DHEAS) are a risk marker for fractures, according to a study published online March 9 in the *Journal of Bone and Mineral Research*.

Claes Ohlsson, M.D., Ph.D., from the University of Gothenburg in Sweden, and colleagues analyzed serum DHEAS levels with mass spectrometry for 2,568 participants (age 69 to 81 years) from the population-based Osteoporotic Fractures in Men study in Sweden.

The researchers ascertained a total of 594 incident X-ray-validated [fractures](#) during a median follow-up of 10.6 years. After adjustment for age, body mass index, and prevalent fractures, there was an inverse association between DHEAS levels with the risk of any fracture (hazard ratio per standard deviation decrease, 1.14; 95 percent [confidence interval](#), 1.05 to 1.24), non-vertebral major osteoporotic fractures (hazard ratio, 1.31; 95 percent confidence interval, 1.16 to 1.48), and hip fractures (hazard ratio, 1.18; 95 percent confidence interval, 1.02 to 1.37), but not with clinical vertebral fractures (hazard ratio, 1.09; 95 percent confidence interval, 0.95 to 1.26). The associations were slightly attenuated after further adjustment for traditional risk factors for fracture, bone mineral density, and/or physical performance variables.

"In conclusion, low serum DHEAS levels are a risk marker of mainly non-vertebral fractures in [older men](#), of whom those with DHEAS levels below 0.60 µg/ml are at highest risk," the authors write.

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More information: [Abstract](#)
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