



Lactose intolerance and osteoporosis in men.

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Comment in:

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Three men with osteoporotic fractures were found to have lactase deficiency and low dietary calcium intakes, decreased urinary calcium, and moderately increased serum osteocalcin and parathyroid hormone levels. Histomorphometric studies demonstrated increases in osteoid parameters and resorption surfaces. The few studies of the links between osteoporosis and lactase deficiency have yielded discordant results. A low calcium intake due to aversion to dairy products caused by the lactase deficiency may promote the development of osteoporosis.