The availability and circulation of these hormones is potent converted form of testosterone, are the biologically active forms which circulate in the blood bound to SHBG, albumin, or other proteins. Testosterone, secreted by the Leydig cells of the testis in adult men, is essential for the appropriate development and function of peripheral tissues by the action of enzyme 5-reductase – converted into 5α-dihydrotestosterone (DHT) in peripheral tissues, the most potent form. The most important circulating androgen in men is testosterone. While it is synthesized in the testes, a significant portion is also synthesized in the peripheral tissues by the action of 5α-reductase. The production of testosterone is controlled by luteinizing hormone (LH) secreted by the pituitary gland. The production of LH is, in turn, controlled by the hypothalamus and the brain, which receives input from the pituitary gland, the gonads, and the adrenal glands.

In men, the incidence of osteoporotic fractures is higher compared to women, especially in elderly men where the rate of osteoporotic fractures is associated with significant morbidity and mortality. A study conducted in Lahore, Pakistan, observed a high rate of overall fractures in men aged 50-90 years. The incidence of fractures was found to be 2.9 times more at risk compared to women of the same age range. The study found that low testosterone levels were associated with an increased risk of osteoporotic fractures.

In the Pakistani population, for prevention of osteoporosis, it was found that out of a total 987 participants, 656 (65.6%) had a habit of walking or cycling as a part of daily routine. Out of the 987 participants, 656 (65.6%) had a habit of walking or cycling as a part of daily routine. In contrast, 321 (32.6%) participants did not engage in any regular physical activity. The study also found that the incidence of osteoporosis was significantly higher in men who did not engage in regular physical activity compared to those who did. The study concluded that regular physical activity, especially walking or cycling, is an important factor in reducing the risk of osteoporotic fractures in men.

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