

**Title:** Factors That Increase the Prevalence Of Ankylosing Spondylitis in Males: A Review.  
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Ankylosing spondylitis is an inflammatory disease that fuses vertebrae, reducing flexibility and forming a distinguishable hunched posture. Although both genders can suffer from ankylosing spondylitis, it is statistically more common in men. The purpose of this literature review is to determine the factors that cause ankylosing spondylitis to afflict males more than females, and to understand why there is a notable increase in severity of the disease in males. Males who test positive for the HLA-B27 antigen were found to have an early disease onset (Xiong et al., 1969). Another important difference between sexes is that the *ANKH* gene, which is related to ankylosing spondylitis, is located at different loci depending on the sex (Inman et al., 2005). Also, active sex glands in males affect bone metabolism and excrete high amounts of the 17-ketosteroids, which can be associated with ankylosing spondylitis (West, 1948). In addition to these biological factors, environmental factors such as obesity and physical labor all strongly correlated with the disease outcome (Ramiro et al, 2014), with statistical significance in men only. Further research is necessary to obtain a clearer understanding of the differences in the prevalence of HLA-B27 according to sex and its genetic underpinnings.

#### References

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