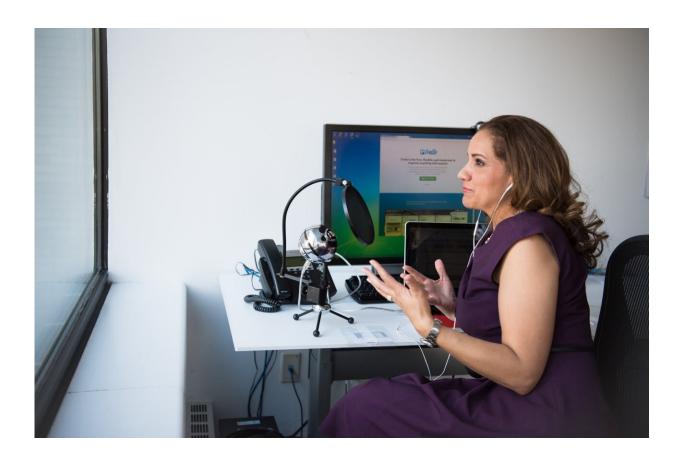


Characteristics of bone loss in postmenopausal women

October 20 2021



Credit: Unsplash/CC0 Public Domain

The longest study to assess bone mineral density of postmenopausal women has found lower bone loss than previously suggested.



In the study, which is published in the *Journal of Bone and Mineral Research*, followed 686 women in Finland for more than two decades. Postmenopausal bone loss was found to be constant and appeared to be approximately 10% over 25 years.

Taking hormone replacement therapy was linked with lower postmenopausal bone loss. Having a lower weight at the start of the study and gaining weight during follow-up were also linked with lower postmenopausal bone loss. Higher baseline bone mineral density was associated with a higher bone loss rate.

More information: *Journal of Bone and Mineral Research* (2021). DOI: 10.1002/jbmr.4444

Provided by Wiley

Citation: Characteristics of bone loss in postmenopausal women (2021, October 20) retrieved 13 July 2023 from https://medicalxpress.com/news/2021-10-characteristics-bone-loss-postmenopausal-women.html

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