

# Characteristics of bone loss in postmenopausal women

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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](https://doi.org/10.1002/jbmr.4444)

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