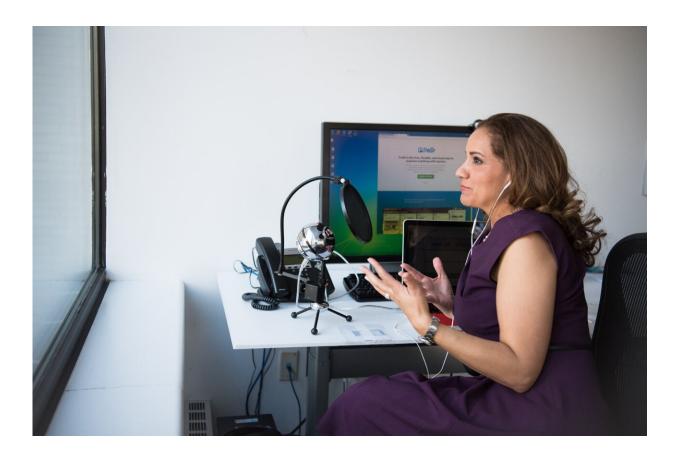


## Characteristics of bone loss in postmenopausal women

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 <u>lower weight</u> 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 February 2024 from <u>https://medicalxpress.com/news/2021-10-characteristics-bone-loss-postmenopausal-women.html</u>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.