

Postmenopausal Osteoporosis

Estrogen decline during menopause **accelerates bone loss**, which can lead to osteoporosis¹



16.5% of women aged 50 years or older are diagnosed with osteoporosis*¹

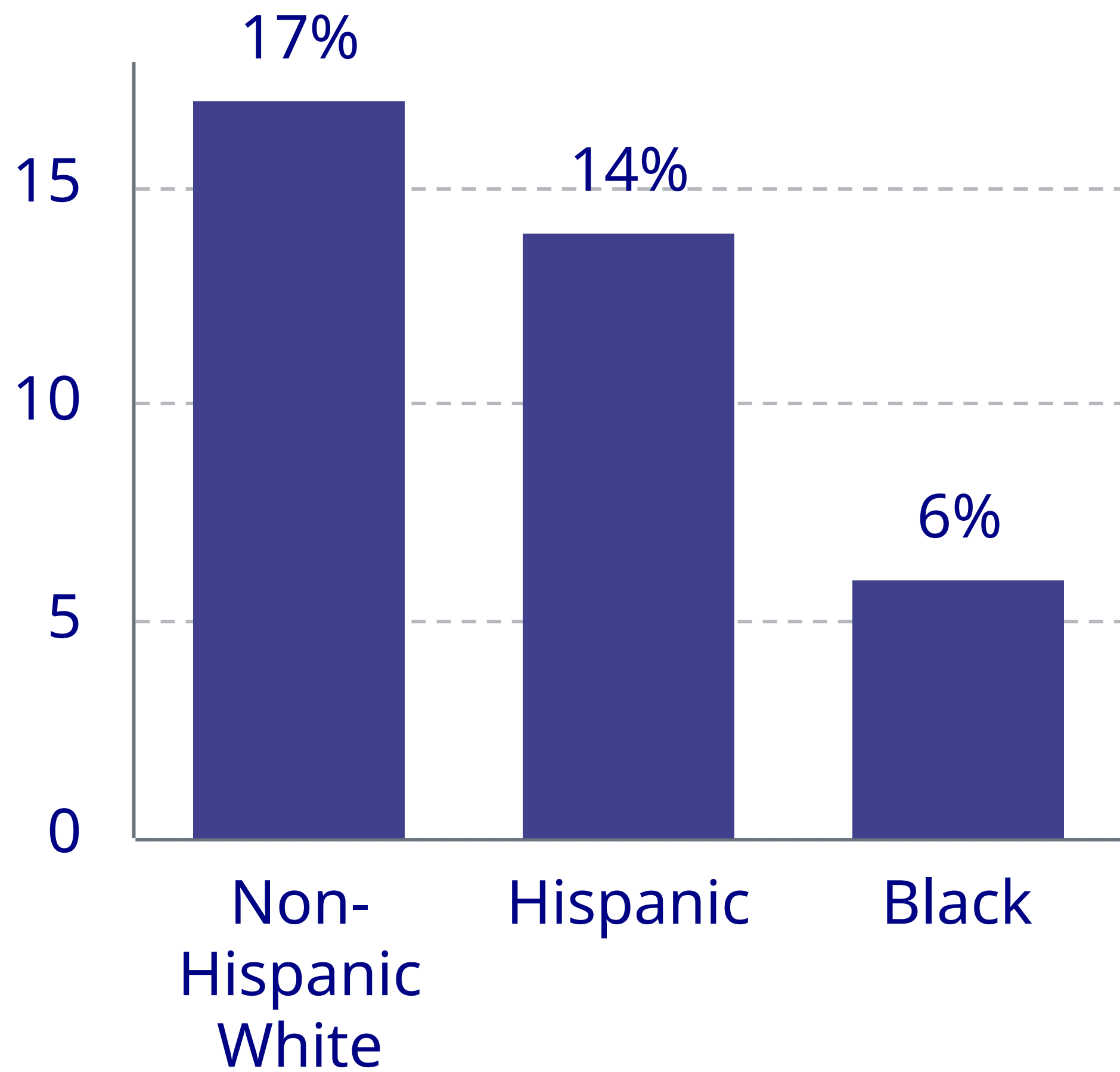
 **BMD** begins to **decline in the 3-year period** prior to final menstrual period²

 The **greatest reduction in BMD happens in the year prior to the final menstrual period** and the first 2 years after the final menstrual period³

Osteoporosis is a major public health problem⁴

Lifetime osteoporotic hip fracture risks

for American females¹



It is estimated that

more than 50%

of **postmenopausal white women** will have an osteoporosis-related fracture in their remaining lifetime⁵

- Worldwide, **1 in 3 women** over age 50 will experience osteoporosis related fractures⁶
- Worldwide, for the year 2000, there were an estimated **9 million new osteoporosis fractures**, of which 1.6 million were at the hip, 1.7 million were at the forearm and 1.4 million were clinical vertebral fractures⁶

Economic Implications in the US

- In 2005, **osteoporosis-related fractures** were responsible for an estimated **\$19 billion** in costs⁷
- **By 2025, experts predict** that these costs will rise to approximately **\$25.3 billion**⁷
- **Hip fractures** accounted for the **majority of total health care expenditures** attributable to osteoporosis-related fractures⁸

Lifestyle and BMD Testing Recommendations from the Bone Health and Osteoporosis Foundation⁹

- Regular weight-bearing and muscle strengthening exercise, adequate intake of vitamin D3, and sufficient dietary calcium are recommended for promoting bone health.
- For women aged 51 years and above, a diet with sufficient calcium intake of 1200 mg/day is recommended, and consider using calcium supplements if intake is insufficient.
- Avoid smoking and excessive alcohol intake.
- **Consider BMD testing** in the following women:
 - Aged ≥ 65 years
 - Younger postmenopausal women and women in the menopausal transition with clinical risk factors for fracture
 - Adults who have a fracture at age 50 years and older
 - Adults with a condition (e.g., rheumatoid arthritis, organ transplant) or taking a medication (e.g., glucocorticoids, aromatase inhibitors, androgen deprivation therapy) associated with low bone mass or bone loss

BMD = bone mineral density

*In the 2013-2014 National Health and Nutrition Examination Survey

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