



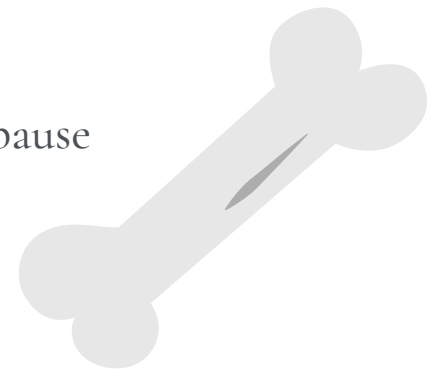
Harley Street at Home

Menopause

Osteoporosis

What?

- Osteoporosis: Skeletal disorder characterised by compromised bone strength predisposing an individual to an increased fracture risk
- Age related declines in bone mass
- Women lose greater bone mass than men
- Accelerated bone mass loss during and after menopause



Diagnosis

- Hip, clinical vertebral or other fractures not caused by excessive trauma
- World Health Organisation use "T-scores" and class osteoporosis as a T-score ≤ -2.5 in postmenopausal women

Who Should be Screened with DEXA Scans?

- All women aged over 65
- Post-menopausal women younger than 65 or those in the menopause transition at risk of low bone mass
- Men aged over 65 or those at risk of low bone mass
- Individuals meeting criteria



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Menopause

Post-Menopausal Management of Osteoporosis

- Menopausal hormone therapy should be considered first during the early post-menopause period for those at risk of osteoporosis
- There are some medications available to prevent and treat osteoporosis:
 - Bisphosphonates
 - Denosumab
 - Teriparatide
 - Romosozumab
 - SERMs
- Include physical activity in lifestyle is safe and appropriate
- Ensure sufficient calcium and vitamin D intakes
- Avoid or limit alcohol and tobacco
- Screen individuals with risk factors

