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Osteoporosis in Post-Menopausal Women

The recent spate of press reports on the abruptly discontinued clinical trial by the National Institute of Health and the Women's Health Initiative which was examining the effects of the use of estrogen/progestin in women has generated media discussion on the closely related issue of osteoporosis and teeth and bone loss, especially as it impacts post-menopausal women disproportionately. Besides providing relief from hot flashes and night sweats, it was thought that estrogen/progestin could help alleviate a range of age-related conditions in women, including osteoporosis.

Roberto Civitelli, MD, of the Washington University School of Medicine in St. Louis, in a study published by the Archives of Internal Medicine, remarks, "The risk of tooth loss is higher for women aged 65 or older, and continues to increase the longer a woman has been post-menopausal." He believes that the use of Vitamin D and calcium supplements are to be strongly recommended whether or not a regimen of estrogen/progestin is concurrently taken.

Benefits of dietary supplements

There are a number of dietary supplements available to the consumer to help support bone health:

Vitamin D is a fat-soluble vitamin and is converted in the kidneys to the hormone calcitriol. This hormone specifically targets the intestines and the bones. Vitamin D is considered crucial for the health of bones and teeth.

Calcium is the most abundant mineral in the body and roughly 99% of it is present in the bones and teeth. Supplementation of calcium is therefore invaluable to restore reserves lost due to menopausal hormone deficiencies.

Soy Isoflavones - Soy Isoflavones are said to exert mild effects similar to that of estrogen and to alleviate some symptoms associated with menopause. They also are known as phytoestrogens which, although unproven in clinical testing, remain very promising and are already widely used as hormone replacement therapies.

Vitamin K - This vitamin is considered essential for bone formation because it is required for the production of osteocalcin, the key calcium-binding matrix protein, which attracts calcium to crystallization sites. New research is making a good case, according to the nutritional research firm Intramedicine based in Westlake Village, California, that adequate consumption of vitamin K deficiency is essential to bone health. In a study of postmenopausal women, it was shown that low levels of vitamin K reduced the capacity of osteocalcin to attract calcium by 50 percent. This was normalized after women were given vitamin K supplementation.

Manganese - This mineral basically provides a structure upon which calcification can take place. Research indicates that dietary manganese can be a factor in maintaining bone health.

[Menopause Balance Complex](#)

[OsteoMatrix](#) - Clinically Proven Absorption - Helps reduce the risk of Osteoporosis

[Energizing Soy Protein](#) - a delicious way to fuel your body with high-quality, heart-healthy soy protein!