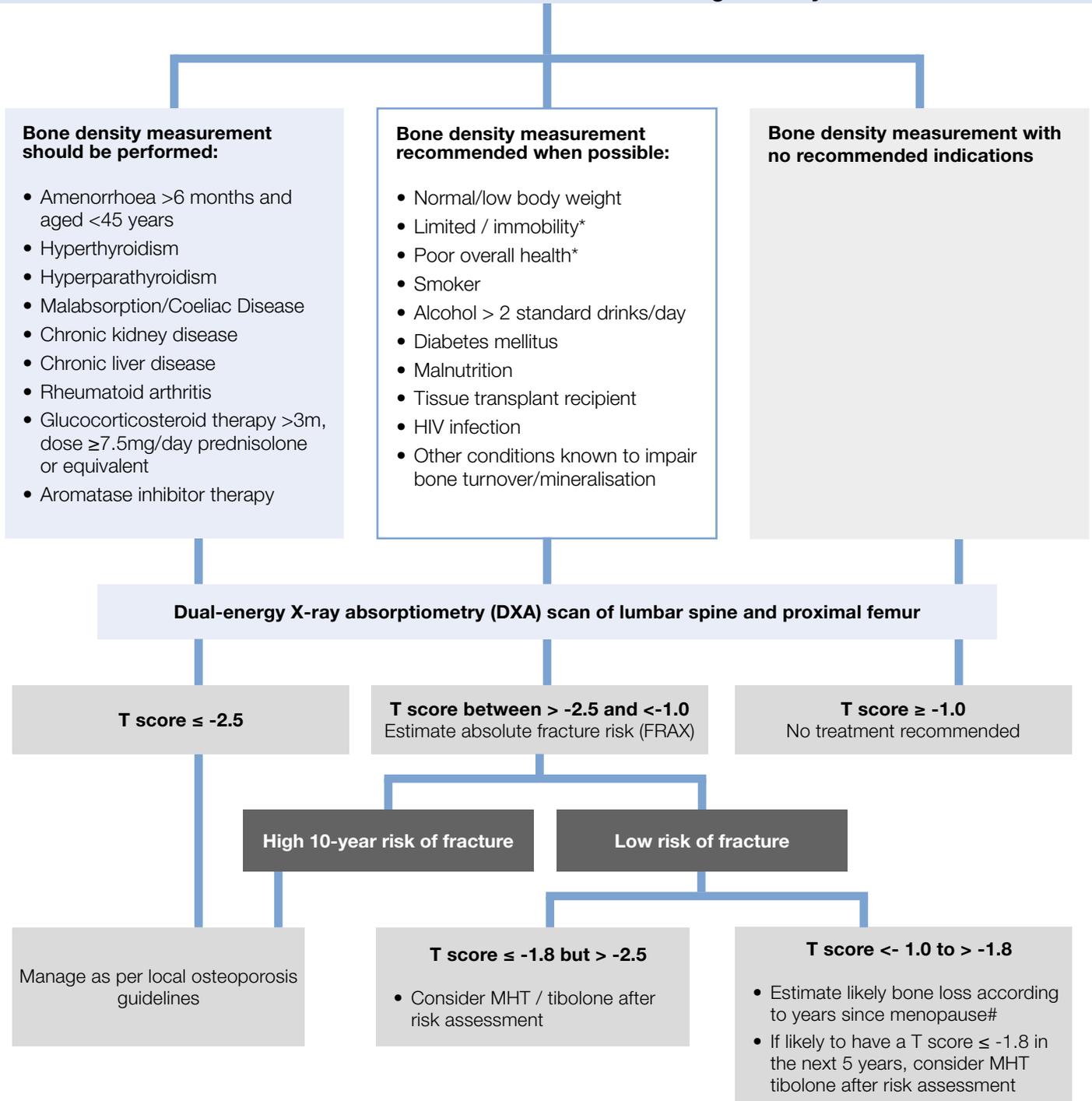


A Practitioner's Toolkit for Managing Menopause

General guide for bone health assessment and management of postmenopausal women with no minimal trauma fracture aged <65 years



For all women: Review adequate vitamin D, calcium, magnesium and protein intake; vegans at risk of zinc deficiency. Encourage physical activity, minimising alcohol, and smoking cessation.

* Strong independent risk predictors and encompass other risk factors in the list (Miller et al Arch Intern Med. 2004)

In women with BMI 27 kg/m² (loss greater with lower BMI and less with higher BMI)

Lumbar spine loss ~2.5%/year for first 2 years post final menstrual period/estimated menopause, ~1%/years 2 to 5 years postmenopause, then ~0.7%/year with age.

Femoral neck loss ~1.8 %/year for first 2 years post final menstrual period/estimated menopause, ~1%/years 2-5 years post menopause, then ~0.5%/year with age.

(Greendale G et al JCEM 2012; Writing Group for PEPI Trial JAMA 1996).