

Favorable effect of exercise on BMD continues as women age

August 19 2015



(HealthDay)—For early-postmenopausal osteopenic women, exercise is consistently favorable for bone mineral density (BMD) over a prolonged period, according to a study published online Aug. 1 in the *Journal of Bone and Mineral Research*.

Wolfgang Kemmler, Ph.D., from the University of Erlangen-Nürnberg in Germany, and colleagues monitored BMD changes over a 16-year period of [supervised exercise](#) for 39 exercisers (EG) and 28 non-training controls (CG) who were initially early-postmenopausal osteopenic women with complete BMD datasets for baseline (1998) and four-, eight-, 12-, and 16-year follow-up. The initial exercise protocol focused on a high intensity strategy that addressed [bone strength](#), but then shifted toward a more comprehensive intervention.

The researchers observed a continuous increase in the lumbar spine (LS)-BMD differences between the EG and CG (2.4, 3.1, 3.9, and 4.5 percent at years four, eight, 12, and 16, respectively). Similar differences were seen for femoral neck (FN)-BMD (0.9, 1.9, 2.0, and 3.0 percent, respectively). For both LS and FN, significant differences were found in the final period ($P \leq 0.030$).

"We conclude that exercise—even when adapted for subjects decreasing bone, health, and fitness status—is consistently effective in favorably affecting BMD in (initially) early-postmenopausal osteopenic women without any leveling-off effect after 16 years of [exercise](#)," the authors write.

Calcium and vitamin D were provided for the study by Sanofi-Synthelabo GmbH, and elastic bands were supplied by THERABAND.

More information: [Abstract](#)
[Full Text \(subscription or payment may be required\)](#)

Copyright © 2015 [HealthDay](#). All rights reserved.

Citation: Favorable effect of exercise on BMD continues as women age (2015, August 19)
retrieved 24 April 2024 from
<https://medicalxpress.com/news/2015-08-favorable-effect-bmd-women-age.html>

<p>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.</p>
