

Bone loss during menopause transition predicted by levels of anti-mullerian hormone

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Focusing on levels of anti-mullerian hormone, which is produced by cells in the ovarian follicles and is a marker of ovarian functioning, researchers analyzed data from 474 participants in the multi-ethnic, multi-site Study of Women's Health Across the Nation. The women were between 42 and 52 years old, were pre- or early perimenopausal, had an intact uterus with one or two ovaries, and were not taking supplemental sex hormones.

Each fourfold decrease in hormone level was associated with a 0.15 percent per year faster decline in the [bone density](#) in the spine, and a 0.13 percent per year faster decline in the bone density in the top of the femur, the femoral neck. Each fourfold decrease in [hormone level](#) was associated with an 18 percent increase in the odds of faster-than-average decline in bone density in the spine and 17 percent increase in the odds of faster-than-average decline in bone density in the femoral neck.

Anti-mullerian hormone levels strongly predicted the rate of [bone loss](#) during the menopause transition. The finding might help identify which women can be expected to lose bone at a faster-than-average rate. Physicians could use this information to provide guidance on exercise, calcium and vitamin D intake, and to closely monitor women's bone density.

The findings were presented at ENDO 2016, the annual meeting of the Endocrine Society.

Provided by University of California, Los Angeles

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