

# North American Menopause Society updates position statement on osteoporosis management

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(HealthDay)—In a 2021 position statement issued by The North American Menopause Society (NAMS) and published in the September issue of *Menopause*, updated recommendations are presented for osteoporosis prevention and management in postmenopausal women.

Jennifer Blake, M.D., from the Society of Obstetricians and Gynaecologists of Canada in Ottawa, and colleagues reviewed evidence regarding osteoporosis screening, prevention, diagnosis, and management and updated the NAMS position statement.

The authors note that osteoporosis is especially prevalent in older postmenopausal women and increases the risk for fracture. Postmenopausal [bone loss](#), which is linked to estrogen deficiency, is the main contributor to osteoporosis. Other [risk factors](#) include advanced age, genetics, smoking, thinness, and certain diseases and drugs that harm bone health. An evaluation of these risk factors can identify candidates for osteoporosis screening; recommending nonpharmacologic measures, including good nutrition, regular physical activity, and avoidance of smoking and [excessive alcohol consumption](#), is appropriate for all postmenopausal women. Estrogen or other therapies are available to prevent bone loss for women at high risk for osteoporosis. The primary goal of therapy for women with osteoporosis and/or other risk factors for fracture is prevention of new fractures; this goal can be accomplished by a combination of nonpharmacologic measures, drugs to increase bone density and improve bone strength, and fall reduction strategies.

"This new [position statement](#) on osteoporosis provides clinicians with a practical guide to assessing and managing bone health in [postmenopausal women](#) and emphasizes an individualized approach with regular follow-up and adjustment based on changing clinical needs and patient preference," Stephanie Faubion, M.D., medical director of NAMS, said in a statement.

Several authors disclosed financial ties to the pharmaceutical industry.

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

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