

Bidirectional association for Ménière disease, osteoporosis

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Adults with Ménière disease (MD) have increased risk of osteoporosis,

and those with osteoporosis have increased risk of MD, according to a study published online Nov. 18 in *Nutrients*.

Hyo Geun Choi, M.D., from the Hallym University College of Medicine in Anyang, South Korea, and colleagues estimated the bidirectional association of MD with [osteoporosis](#) in a population aged ≥ 40 years. In study I, 9,529 participants with MD and 38,116 controls were examined for prior history of osteoporosis; in study II, 65,858 [patients](#) with osteoporosis and 65,858 controls were assessed for prior history of MD.

The researchers found that the rate of prior history of osteoporosis was 13.3 and 11.3 percent for the MD and [control group](#) in Study I, with a hazard ratio of 1.12 for MD among patients with a prior history of osteoporosis. In Study II, the rate of a prior history of MD was 3.7 and 2.0 percent for patients with osteoporosis and controls, respectively, with a hazard ratio of 1.50 for previous MD among patients with osteoporosis.

"Patients with MD showed a high rate of subsequent occurrence of osteoporosis. In addition, patients with osteoporosis showed a greater rate of MD occurrence," the authors write. "Clinicians need to consider this reciprocal association when managing patients with MD and osteoporosis."

More information: Hyo Geun Choi et al, Association between Osteoporosis and Meniere's Disease: Two Longitudinal Follow-Up Cohort Studies, *Nutrients* (2022). [DOI: 10.3390/nu14224885](https://doi.org/10.3390/nu14224885)

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