New Osteoporosis Medication Discovered

by AMY MANLEY

Treatment for Premenopausal Women With Osteoporosis Discovered

Osteoporosis causes your bones to become brittle and fragile due to tissue loss within the bones. This condition generally occurs due to vitamin d deficiency calcium deficiency, or loss of hormones. Osteoporosis causes painful symptoms, and the bones can easily fracture. Premenopausal women experience a greater severity in symptoms due to the rapid decline in hormones, but recent research has discovered an effective treatment option for premenopausal women.

A recent study offers new information on Osteoporosis in premenopausal women. The study was led by author E. Michael Lewiecki, MD, a clinical assistant professor of medicine is part of what's called the FREEDOM trail. This study is ongoing for up to 10 years, and monitors the use of denosumab, a new treatment option for premenopausal women. The researchers present date from eight years of monitoring from almost 8,000 women.

This study showed that denosumab could reduce the risk of a certain type of fracture known as a vertebral fracture. The reduction rate was about 68%, and hip fractures were reduced by 40%. This reduction was compared to the placebo, which have a reduction rate of 20%. The best part of the study was the lack of side-effects. This treatment method showed little side-effects, and the women had no increase in their risk of cancer, infection, cardiovascular disease, delayed fracture healing, or hypocalcaemia.

Results of Study

According to the results, around 3,00 women involved in the study took the drug denosumab for an eight year period. The benefits of the medication showed to improve in time. While there were benefits seen in the initial stages, the level of bone density growth seen in the women improved stability over the eight year period. Around 18.4% of bone was gained by the 8-year mark in the lumbar spine, and 8.3% within the top hip area. The mean bone density showed an increase that continued to rise past the eight year mark, while the lumbar spine remained around the same percentage.

Conclusion

The study will continue for the next two years in order to discover new growth, or any adverse reactions that could occur past this mark. However, the researchers are confident that this treatment method will prove to be effective in the long-run, and there's hope that it'll be released within the upcoming years to provide effective treatment to women with osteoporosis during pre-menopause.

Once denosumab is released for treatment, the researchers fill women will experience a mark improvement in their overall quality of life with the ability to use a medication that will prevent the rapid decline in bone density.