

Treating Osteoporosis with Oestrogen or Testosterone

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Commentary

Osteoporosis is a condition in which bone density levels decrease, which leads to fractures and broken bones, usually at an older age. It's most common in postmenopausal women. Low Oestrogen levels have been hypothesized since the 1940's, by Fuller Albright and his team, to be the reason for Osteoporosis in women [1-3].

Testosterone has also been documented to play a part in bone mineral density in men, also by a Swedish study that showed Testosterone levels in the normal range to be an accurate predictor of healthy BMD in older men [4].

A research from 1969 showed decisive positive results in treating 12 patients, 11 osteoporotic females with oestrogen and 1 osteoporotic male with testosterone [5].

A research from 1983 examined the necessary dosage of oestrogen in treatment of postmenopausal bone loss and showed patients to experience bone loss in doses up to 15 micrograms and bone gain in doses above 25 micrograms of oestrogen [6].

It's therefore plausible to assume the likely effectiveness of testosterone treatment to Osteoporotic men and of oestrogen treatment to osteoporotic women post menopause.

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