

Gender-Specific Differences of Bone Health

Did you know?



Jewish Hospital

Medical Center East

Center for Gender-Specific Medicine

Bone Health for WOMEN

- **Bones begin to lose mass without regular stimulation from muscles.**
- **Skeletons monitor themselves daily to support the forces that actually impact us. (This is why astronauts lose bone.)**
- **Osteoblasts (bone-building cells) in women are more affected by aging — they are less active and fewer in number than in men of the same age.**
- **The greatest risk factor for women getting osteoporosis is menopause. Women can lose 30% of their bone mass in the 10 years following menopause. Osteoporosis is a silent disease.**
- **Bone mass in females is at its peak and levels off at approximately age 26. Vertebral bones are most dense during adolescence.**
- **Women are more susceptible to repetitive stress injuries.**
- **Women are more likely to have inflammation of muscle tendons associated with rotator cuff injuries.**