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THE ENDOCRINE SOCIETY

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## Testosterone Impacts Osteoporosis in Elderly Women



Testosterone (T) shows a softer side in a new study, soon to be published in *The Journal of Clinical Endocrinology & Metabolism*, which finds the 'manly' hormone to be a possible solution for osteoporosis in women.

The researchers set out to solidify the association among T levels and bone mineral density (BMD), lean body mass, and fat mass in elderly women. The 232 community-dwelling participants, aged 67-94, underwent

dual-energy x-ray absorptiometry scans in addition to testosterone testing. Results demonstrated free testosterone levels to have significant effects in these women .

"Free T was positively related to hip BMD, lean body mass, and body fat, with more than 10% differences in each outcome between women at the highest and lowest ends of the free T range," concludes the article.

Total T was also associated with BMD, but not with body composition. These outcomes indicate that testosterone therapy may effectively treat osteoporosis in elderly women. Unfortunately the possible adverse side effects of such therapy are yet to be determined. Still, the boost in vitality that testosterone therapy has brought to men for decades may prove to be an equally effective option for females, showing the importance of the hormone in both sexes.

The Endocrine Society's clinical practice guideline for androgen therapy in women can be found here.

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