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POSTMENOPAUSAL WOMEN DO NOT TAKE CALCIUM SUPPLEMENTATION AS RECOMMENDED EVEN IF THEY HAVE OSTEOPOROSIS DIAGNOSIS OR FRACTURE EXPERIENCE

Fardellone, P; Cotte, FE; Roux, C; Lespessailles, E; Mercier, F; Gaudin, AF: Calcium intake and the risk of osteoporosis and fractures in French women. JOINT BONE SPINE 2010;77 (2):154-158

Dietary calcium intake in postmenopausal women over 45 years of age was compared to osteoporosis diagnosis and fracture history in 2631 women (mean age: 67.9 +10.0 years). Two hundred and fifty-four (9.7%) had received a diagnosis of osteoporosis by bone densitometry, of whom 154 (45.3%) reported at least one previous fracture. Total mean daily dietary calcium intake was 754 mg/day, of which dairy products (milk, cheese and others) were the principal source. Overall, 37.2% of the sample consumed <600 mg/day and 20.1% > 1000 mg/d. The proportion of women consuming <600 mg/day increased with age ($p = 0.0028$). No difference in mean daily calcium intake was observed between women with or without a diagnosis of osteoporosis or with or without fractures.

Conclusions: Mean dietary calcium intake in this population is well below that recommended in current national guidelines (= 1500 mg/day), notably in those most at risk for fractures, such as women with a diagnosis of osteoporosis or those in older age groups. ***Intake does not appear to be influenced by osteoporosis diagnosis or fracture experience.***