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### Earlier menopause for women with hip osteoporosis

Thursday, 31st March 2011

Women who have osteoporosis in their hip tend to go through the menopause earlier than healthy women, a new study has found.

As well as this finding, researchers from the University of Granada, Spain, also discovered at least three genetic markers which are associated with osteoporosis in the hip of postmenopausal women.

A multi-centre study, involving five Spanish clinics, was carried out for the research, which included 2,200 patients.

"Maybe, in the short term, a genetic study of patients could be made to inform them when they are found to be prone to suffer a hip fracture and to recommend them to follow some specific treatment," advised Jesus Carlos Presa Lorite from the Department of [Obstetrics](#) of the University of Granada, who developed the initial research.

Recently, a US-based study, published in the Journal of the American Dietetic Association, revealed postmenopausal women who have an inadequate diet have an increased risk of anaemia.

Posted by Carla Mackenzie

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