

Pregnancy and lactation-associated osteoporosis

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Osteoporosis refers to weak and brittle bones that can break easily. The brittle and fragile bones are often caused by low levels of calcium, phosphorous and other minerals in bones. Pregnancy and lactation-associated osteoporosis is believed to be a rare condition that usually reported in the last trimester of a pregnancy and after giving birth or during lactation. It usually occurs during a first pregnancy; however, it is temporary and does not happen again. It is often characterized by back pain and rare pain in the hip joint, which is usually the first symptom.

Although, the majority of patients develop severe mental illness through the acute event of the vertebral body fracture, thereby affecting the pregnancy. Therefore, the therapy decision is to be made individually, and the best evidences are available for teriparatide and bisphosphonates.

Researchers had identified the post-pregnancy patients with varying degrees of osteoporosis with 6 vertebral body fractures over a period of 16 years. Mental illness and physical limitations may be seen during this condition. Once diagnosed, appropriate treatments were immediately employed to control its progression. Treatments such as multimodal therapy including physiotherapy and psychotherapy and bisphosphonates were given. The mean duration of symptoms before diagnosis was 5 months.

Overall, it can be concluded that women with such condition may suffer from fragility vertebral fractures, often multiple, which cause severe and disabling back pain in the third trimester of pregnancy or in the early post-partum. Treatment with physiotherapy and psychotherapy and bisphosphonates stimulates bone formation, improves severe back pain and quality of life. It also prevents further occurrence of vertebral fractures in the following 16 years. Moreover, the physical, as well as mental condition, is believed to be improved to a greater extent.

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