

Bone mineral density in postmenopausal depressed women and effect of antidepressant intake

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The aim of this was to investigate the relationship between major depression and bone mineral density in women in the period of menopause. Bone mineral densities were compared in 40 elderly women with severe depression, in comparison to 30 healthy females who were matched for age, body mass index, age of menarche and number of pregnancies. Depression was assessed by the International Classification of Disease (ICD10). The severity of depression was assessed by the Beck depression inventory. Bone mineral density was measured by dual energy X-ray absorptiometry (DEXA) technique.

They were measured at two different sites, the lumbar vertebrae and the neck of the femur. The study concluded that depression might be associated with low bone mineral density. Non compliance on medication seemed to be a risk factor in reduced bone mineral density and increased prevalence of osteoporosis.