



LOSS OF BONE MASS AND HORMONAL HEALTH

Bone mass loss (osteopenia and osteoporosis) accelerates drastically with the decline in hormone levels. Estrogen and testosterone play a crucial role in regulating bone resorption and formation. Reduced estradiol levels increase the differentiation and maturation of osteoclasts (bone-resorbing cells), outpacing the bone-forming capacity of osteoblasts. In turn, androgen deficiency compromises bone mineral density and increases the relative risk of fractures.

COMMON SYMPTOMS:

- Decrease in bone mineral density (osteopenia/osteoporosis)
- Joint pain and loss of musculoskeletal strength
- Increased susceptibility and risk of fractures (especially of the hip and vertebrae)
- Loss of muscle mass (sarcopenia) associated with physical frailty

**PROTECT BONE MINERAL
DENSITY AND PREVENT
OSTEOPOROSIS.**