

# ACE Inhibitors May Prevent Bone Loss in Men

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FROM THE ANNUAL MEETING OF THE  
AMERICAN SOCIETY FOR BONE AND  
MINERAL RESEARCH

SAN DIEGO – Angiotensin-converting enzyme inhibitors may reduce the risk of age-related bone loss in elderly men.

A retrospective analysis of longitudinal data from the prospective Health ABC (Dynamics of Health, Aging and Body

Composition Study) found that femoral neck bone mineral density was significantly greater in elderly men on an ACE inhibitor for 5 or more years for treatment of hypertension than in those who were not on long-term ACE inhibitor therapy, Dr. Nahid Rianon reported.

This secondary analysis of Health ABC involved 583 men with a mean age of 83 years. At 10-year follow-up, femoral neck bone mineral density was 0.04

g/cm<sup>2</sup> greater in the 137 subjects on an ACE inhibitor for at least 5 years than in men not on long-term therapy with a drug in this class.

Of note, the same magnitude of improvement in femoral neck bone mineral density was seen after just 5 years of ACE inhibitor therapy. In other words, no further divergence in bone mineral density occurred during years 5-10.

Osteoporosis and hypertension are

two major age-related chronic diseases that at present are managed separately using different classes of drugs. If ACE inhibitors can be shown to be beneficial in both of these extremely common diseases, management would be considerably simplified, observed Dr. Rianon of the University of Texas, Houston.

Health ABC is sponsored by the National Institute on Aging. Dr. Rianon declared having no financial conflicts. ■

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<sup>c</sup>Based on TRx data from IMS Health, NPA™ Monthly database, time period from May 2003 to June 2010.

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