

## NICE NG23 Osteoporosis

1.5.12 Give women advice on bone health, discuss these issues at review appointments (see NICE guideline on [osteoporosis: assessing the risk of fragility fracture](#)).

1.5.13 Using table 4, explain to women that baseline population risk of fragility fracture for women around menopausal age in the UK is low and varies from one woman to another.

1.5.14 Using table 4, explain to women that their risk of fragility fracture is decreased while taking HRT and that this benefit:

- is maintained during treatment but decreases once treatment stops
- may continue for longer in women who take HRT for longer.

**Table 4 Absolute rates of any fragility fracture for HRT compared with no HRT (or placebo), different durations of HRT use and time since stopping HRT for menopausal women**

		<b>Difference in any fragility fracture incidence per 1000 menopausal women (95% CI) (see footnotes for information on baseline population risk and length of follow-up time over which absolute risk difference is calculated)</b>			
		Current HRT users	Treatment duration <5 years	Treatment duration 5–10 years	>5 years since stopping treatment
Women on any HRT	RCT estimate <sup>1</sup>	23 fewer (-10 to -33) <sup>3</sup>	25 fewer (-9 to -37) <sup>4</sup>	No available data	No available data
	Observational estimate <sup>2</sup>	16 fewer (-15 to -18) <sup>5</sup>	15 fewer (-11 to -17) <sup>5</sup>	18 fewer (-15 to -20) <sup>5</sup>	2 more (-19 to 27) <sup>6</sup>

HRT, hormone replacement therapy; RCT, randomised controlled trial. For full source references, see Appendix M in the [full guideline](#). Absolute risks calculated by using the baseline population risk in the control arm for each analysis, following GRADE methodology.

<sup>1</sup> For women aged 50–59 years at entry to the RCT.

<sup>2</sup> Observational estimate is based on cohort studies with several thousand women.

<sup>3</sup> Baseline population risk = 69 per 1000 women (follow-up: 3.43 years).

<sup>4</sup> Baseline population risk = 78 per 1000 women (follow-up: 3.71 years).

<sup>5</sup> Baseline population risk = 15.4 per 1000 women (follow-up: 2.8 years).

<sup>6</sup> Baseline population risk = 106 per 1000 women (follow-up: 5 years).