

TEACHER'S PAGE

NATURAL HISTORY OF THE SKELETON

The graph below illustrates bone changes with age. Bone mass reaches a maximum after linear growth stops, begins to fall at about 30 and declines to half its maximum value by age 80 or 90 (age-related bone loss). Women have less bone mass at the maximum and show an accelerated phase of bone loss just after menopause. This loss involves endosteal and Haversian resorption and loss of trabecular bone, particularly in the vertebrae, without replacement by new bone. The cross sections illustrate an increase in bone mass to age 30.

BONE MASS ACROSS THE LIFE SPAN

