

[IMAGE]

## **Soda: Bad for Older Women's Bones**

By Editorial Staff

And it's especially for postmenopausal women, who are already at a higher risk for bone issues compared to younger women who have yet to experience menopause. In fact, postmenopausal women who drink several sodas on a daily basis (classified as "heavy soda drinkers," but not as unlikely as you might think; that's as few as two 12-ounce cans of soda per day) are significantly more likely to suffer a hip fracture compared to postmenopausal women who don't drink any soda.

Researchers examined three specific variables in more than 70,000 women (average age: 69 years): soda consumption, bone health and hip fractures. During 12 years of follow-up, soda drinkers (based on the above amounts / frequency) were 26 percent more likely to suffer a hip fracture. (Interestingly, drinking caffeine-free soda increased the risk even further, to 32 percent.) Women who drank fewer than fourteen 12-ounce servings of soda per week (classified as "light" or "regular" soda drinkers) did not appear to have an increased fracture risk.

These findings appeared in the research journal *Menopause*. Researchers analyzed data from the Women's Health Initiative, a national health study initiated in 1993 and "focused on strategies for preventing heart disease, breast and colorectal cancer, and osteoporotic fractures in postmenopausal women." [Click here](#) to learn more.

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