Letter to the Editor: Comment on “Effect of Growth Hormone Treatment on Fractures and Quality of Life in Postmenopausal Osteoporosis: A 10-Year Follow-Up Study” by Kratz E., et al

Krantz et al (1) studied the effect of a 3-year GH (low or high dose) or placebo treatment on the incidence of fractures in 80 women with postmenopausal osteoporosis. The women were followed up for a total of 10 years, and the prevalence of fractures were compared with the one observed in a random age-matched population of women. The control group was made of a random population sample that was not enrolled in the same study as the other three groups.

The authors conclude that GH treatment was beneficial for bone and fracture outcome after 10 years. This statement is misleading, because despite the positive effect of GH on bone density, the incidence of fractures reduced by the same rate in all three treatment groups, regardless of whether the women received GH or placebo. This seems to be a nonspecific clinical trial effect, possibly due to counseling on fall avoidance.

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