

Study: Alcohol in moderation may help menopausal bones

By Allison Aubrey, NPR

It's well-known that exercise is good for our bones, even as we age, but how about that nightly glass of wine?

A new study of women in their 50s and early 60s finds that moderate alcohol consumption may help prevent bone loss. The women in the study consumed about one-and-a-half drinks per day.

The findings fit with prior studies, including the Framingham Heart Study, which documented that moderate drinkers – people who consume one to two drinks per day – have higher bone mineral density compared to heavy drinkers and people who don't consume alcohol at all.

But sorry guys, this one's just for the ladies.

The latest study, published in the journal *Menopause*, finds evidence that moderate alcohol consumption influences bone turnover. It's a small study, just 40 women, but it helps explain why this may be the case.

[Read the whole story](#)