Comparison of changes in serum COMP levels after 6 months of hormone replacement therapy or bisphosphonate in postmenopausal women with osteopenia or osteoporosis

연세대학교 의과대학 산부인과학교실
양효인*, 임경진, 전영은, 이경은, 서석교, 김혜연, 최영식, 조시현, 이병석

목적: This study aimed to evaluate the effects of hormone replacement therapy (HRT) or bisphosphonate on cartilage oligomeric matrix protein (COMP) in healthy postmenopausal women with osteopenia or osteoporosis, compared to control group.

방법: Sixty-two postmenopausal women who have been diagnosed with osteopenia or osteoporosis were treated with either hormone replacement (n=30) or bisphosphonate (n=32) for 6 months. Serum COMP and osteocalcin levels were measured at baseline and 6 months of treatment, as markers of cartilage degradation and bone resorption, respectively.

결과: Treatment with HRT resulted in decrease in COMP levels at 6 months compared with baseline (41.24±12.11 vs. 36.40±11.68ng/ml, \(p=0.002\)). In control and bisphosphonate groups, COMP levels did not change significantly after 6 months. Concentrations of osteocalcin were significantly decreased in both treatment groups (\(p<0.001\)).

결론: These data suggested that HRT may provide a useful treatment modality for concerning prevention of osteoporosis as well as joint protection.