

# CASE #1103: Nutritional Support Using a Specialized Microcrystalline Hydroxyapatite Complex (MCHC) to Promote Healthy Bone Density in a Menopausal Patient with Increased Bone Loss

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## PURPOSE

The purpose of this case study was to show how nutritional support with a specialized MCHC combination formula—providing all the essential nutrients that naturally comprise healthy bone—may be useful in some cases of increased bone resorption associated with menopause.

## PATIENT'S PRESENTATION AND HISTORY

A 49-year-old menopausal female presented with a chief complaint of osteopenia, which had been diagnosed a year earlier by DEXA scan. She also complained of acid reflux and a burning sensation in her stomach that had been awakening her at night for the previous 6 weeks. She was treated with omeprazole, which had helped for a few days.

The patient's medical history included mitral valve prolapse, removal of a benign breast tumor, tonsillectomy, and appendectomy. She had some food intolerances but was not on a special diet, did not exercise, and smoked half a pack of cigarettes daily.

Her family history was significant for diabetes, cancer, and stroke on the maternal side, as well as heart failure and cancer on the paternal side.

The patient's prescriptive medications and supplements included: aspirin 325 mg/day, herbal menopause supplement, and St. John's wort.

### Patient's Initial clinical findings:

- Ht: 61"; Wt: 146 lb; BP: 120/70
- Physical exam: unremarkable
- DEXA scan: osteopenia confirmed by lumbar and hip T-scores
- Elevated urinary N-telopeptide (NTx) at 101 nmole BCE/ nmole creatinine (level above 38 is considered elevated risk for osteoporosis)

## ASSESSMENT AND PLAN

**Assessment:** Osteopenia (NTx level indicates imbalanced bone resorption and increased risk for bone loss), gastroesophageal reflux disease (GERD), and possible gastritis.

### Plan:

The patient was instructed to begin:

- MCHC combination formula capsules to promote healthy bone density, 6 tablets/day
- Omeprazole for acid reflux
- Bupropion tablets for smoking cessation

## 16 Weeks after Starting the MCHC Combination Formula to Promote Healthy Bone Density

At the **16 week** visit, the patient reported that she was under significant stress due to personal and family situations. She noted fatigue and was having difficulty sleeping. Her laboratory results indicated a dramatic decrease in urinary N-telopeptide, which was now at 39 nmole BCE/nmole creatinine.

**Assessment:** Improved marker of bone resorption after 16 weeks on the MCHC combination formula, suggesting decreased bone loss.

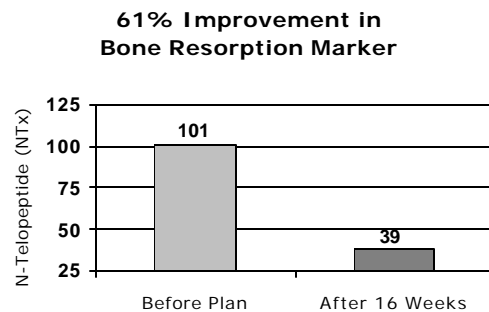


Figure 1. After 16 weeks, the patient's urinary N-telopeptide was reduced from 101 to 39 nmole BCE/nmole creatinine. This result suggests a substantial improvement in bone metabolism.

## SUMMARY

This case study suggests that increased bone resorption associated with menopause can be slowed with specialized nutritional support using an MCHC combination formula featuring all the essential nutrients that naturally comprise healthy bone.

## NOTE

The information provided in this case study describes the results of one patient under the care of a licensed healthcare practitioner and may not be a typical response.

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