

# Pulse Electromagnetic Field (PEMF) for Treating Postmenopausal Osteoporosis

Postmenopausal osteoporosis is common and can lead to fractures, pain, and long-term health costs. While medications are often used to treat osteoporosis, some people cannot tolerate long-term drug therapy or want additional, non-pharmaceutical support.

This large research review looked at whether pulsed electromagnetic field therapy (PEMF) can safely support bone health in postmenopausal women with osteoporosis.

**Researchers analyzed 19 clinical studies involving over 1,300 women.** They compared women receiving PEMF therapy (alone or combined with medication) to those receiving medication alone or placebo treatment.

## Key findings:

### **Improved bone density:**

- When PEMF was used along with standard osteoporosis medications, women showed greater improvements in bone density at the spine and hip compared to medication alone.

### **Reduced pain:**

- Women receiving PEMF reported less pain compared to those receiving standard treatment or placebo.

### **Positive bone health markers:**

- PEMF was associated with improvements in several blood markers that reflect healthy bone formation and turnover.

### **Safe and well tolerated:**

- Side effects were no more common in women receiving PEMF than in those receiving standard treatment alone.

### **PEMF alone still showed benefits:**

- Compared to placebo, PEMF on its own improved hip bone density and reduced pain, though changes in spinal bone density were less pronounced.

## What this means for patients:

This research suggests that PEMF therapy may be a safe and effective complementary treatment for postmenopausal women with osteoporosis. It may help improve bone density, support bone metabolism, and reduce pain—especially when used alongside conventional care.

PEMF is non-invasive, drug-free, and does not expose patients to radiation, making it an appealing option for those looking to support bone health without additional medications.