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[Limits](#) [Preview/Index](#) [History](#) [Clipboard](#) [Details](#)

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Display

Text Version

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Help | FAQ
Tutorial
New/Noteworthy
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MeSH Browser
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Batch Citation Matcher
Clinical Queries
LinkOut
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1: Bioelectromagnetics 1998;19(2):75-8

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Clinical report on long-term bone density after short-term EMF application.

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A 1984 study determined the effect of a 72 Hz pulsating electromagnetic field (PEMF) on bone density of the radii of post-menopausal (osteoporosis-prone) women, during and after treatment of 10 h daily for 12 weeks. Bone mineral densities of the treated radii increased significantly in the immediate area of the field during the exposure period and decreased during the following 36 weeks. Bone density determination of the radii of these women, remeasured after eight years, suggests no long-term changes. The bone density-enhancing effect of PEMFs should be further studied, alone and in combination with exercise and pharmacologic agents such as the bisphosphonates and hormone as prophylaxis in the osteoporosis-prone postmenopausal woman and as a possible block to the demineralization effect of microgravity.

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