

Chapter VI

Conclusions and Recommendations

Conclusion:

Although HRT has been a commonly preventive for postmenopausal symptoms, but the negative side effects linked to some forms led to discouraged.

In the present study, we employed dosages of red clover isoflavones which are amenable to clinical practice application and found that such supplementation proved to be effective in increasing the estradiol, bone mineral density and bone mineral content together with a decreased bone marker turnover, osteocalcin, parathyroid hormone, histological and histochemical changes.

Therefore, it is recommended that:

- 1- Health education program should be conducted to women around menopause to learn them about the effect of estrogen deficiency on bone health, as well as the negative side effect induced by HRT.
- 2- Dietary supplements of red clover isoflavones have been recommended as an alternative to conventional HRT due to its beneficial effects in the maintenance/ improvement of bone health.

3- More study should be conducted to determine the effect of RCI supplements to alleviate OP for peri and post-menopausal women.

4- Planting RC in the Kingdom of Saudi Arabia for its therapeutic benefits.