

Doctor Shoshana Sztal-Mazer MBBS, FRACP

Endocrinologist; Clinical Lead, Metabolic Bone Service,
Department of Endocrinology & Diabetes, Alfred Health; &
Medical Committee Member, Healthy Bones Australia, **MELBOURNE**

Dr Shoshana Sztal-Mazer is a distinguished endocrinologist and Clinical Lead of the Osteoporosis and Metabolic Bone Service at Alfred Health, Melbourne, which she established over a decade ago. In addition to her inpatient and outpatient roles within the Department of Endocrinology and Diabetes, she consults in the Women's Endocrinology Clinic and leads the Endocrine in Pregnancy Clinic. Dr Sztal-Mazer is actively involved in guideline development at both local and national levels and is an Adjunct Fellow with the Women's Health Research Program at Monash University.

At Alfred Health, Dr Sztal-Mazer leads the delivery of specialist care for patients living with osteoporosis and complex bone conditions. She consults in the Osteoporosis and Metabolic Bone Clinic, which manages bone fragility, high-risk patients, and metabolic bone disorders.



Dr Sztal-Mazer combines clinical expertise with ongoing academic and research contributions, particularly in menopause, bone loss, and osteoporosis management. Her work has been published in peer-reviewed medical journals, where she is recognised in the field. A regular spokesperson on osteoporosis, Dr Sztal-Mazer frequently provides expert commentary on women's bone health, including the impact of hormonal changes during menopause, and the importance of early intervention to reduce fracture risk.

Working at the intersection of clinical care and research, she has co-authored educational materials for health professionals on postmenopausal bone health, with a focus on early detection, lifestyle changes, and evidence-based treatment. Dr Sztal-Mazer actively contributes to both public and professional education, advocating for improved recognition and management of osteoporosis in midlife and older women.

Dr Sztal-Mazer supports the release of **Healthy Bones Australia's Know Your Bones Community Risk Report (Fourth Edition)** as part of World Osteoporosis Day activity throughout October.

"The Know Your Bones online self-assessment tool helps raise national awareness of osteoporosis, and the associated report highlights gaps in osteoporosis care," said Dr Sztal-Mazer.

"A focus on diagnosing osteoporosis earlier, by identifying those at-risk and investigating them, will help to protect bone health in the community and reduce the number of fractures currently occurring due to poor bone health," said Dr Sztal-Mazer.

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To coordinate an interview with Dr Shoshana Sztal-Mazer, please contact:

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