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Predictors of osteoporosis in bosnian postmenopausal women

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Objective: Categorization of osteoporosis predictors according to their significance for identifying Bosnian postmenopausal women at risk of osteoporosis.

Materials and Methods: The study included one hundred and forty Bosnian postmenopausal women, aged from 50 to 65. Mineral bone density was measured at the lumbar spine and proximal femur by Dual–Energy X–ray Absorptiometry using Hologic QDR-4000 scanner. The following clinical symptoms, signs and risk factors were examined: back pain, height loss, fractures, the number of years between menarche and menopause, the number of years from the last menstruation, body mass index, daily calcium intake, sunlight exposure, coffee consumption, smoking, physical activity, illnesses, conditions and drugs that can cause osteoporosis.

Results: The predictors which had the most important role in identifying Bosnian postmenopausal women with osteoporosis were: presence of bone fractures, low body mass index, the number of years between menarche and menopause, the number of years from the last menstruation, coffee consumption, presence of illnesses and conditions that can cause osteoporosis ($p < 0.001$), and use of drugs that can cause osteoporosis ($p < 0.003$). A significant role in the detection of osteoporosis had the following predictors: daily calcium intake, smoking, sunlight exposure ($p < 0, 01$) and physical activity ($p < 0.05$). The presence of back pain and height loss for 1-4 cm were not confirmed as significant osteoporosis predictors.

Conclusion: The results indicate which of the examined osteoporosis predictors are useful in identifying Bosnian postmenopausal women with lower mineral bone density who need appropriate advice with respect to diagnosis, prevention and treatment.

Keywords: predictors, osteoporosis, Bosnian women