Risk factors of low bone mineral density in premenopausal women

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Abstract

Aims: Osteoporosis is the most common metabolic bone disease, which is defined as a decrease in bone mass. This disease is known with the change and destruction or reduction of skeletal structure and increased risk of fracture. This study was conducted to investigate the risk factors in decreasing bone density in premenopausal women.

Methods: In a descriptive cross-sectional study, 644 premenopausal women of military families who were referred to bone densitometry center of a hospital in Tehran participated in the research. Then, based on bone densitometry results the participants were divided into two groups: bone density loss (9% case groups) and normal bone density (control group). The information associated with risk factors of bone density loss were collected by participants. The information was referred to bone densitometry center of a hospital in Tehran participated in the research. Then, based on bone densitometry results the participants were divided into two groups: bone density loss (9% case groups) and normal bone density (control group). The information associated with risk factors of bone density loss were collected by

Results: Amount of spinal osteoporosis was 8.9% and the rate of osteopenia in these areas was 53.4%. There was a significant difference between the bone density loss groups and the control groups among the risk factors in calcium deficiency, lactose intolerance, history of corticosteroid drugs, methotrexate, anticonvulsants, disease of rheumatoid arthritis, hyperthyroidism, thalassemia minor and lower than 58 kg weight.

Conclusion: The factors such as diet and the lack of consumption of dairy products, pharmaceutical parameters including corticosteroids and Methotrexate and glandular or rheumatologic diseases are among the important and effective factors in reduction of bone density in postmenopausal women.

Keywords: Bone Density, Osteoporosis, Osteopenia, Postmenopausal Women, Risk Factors