

PREVALENCE OF FRAX CLINICAL RISK FACTORS DIETARY CALCIUM INTAKE HABITS AND OSTEOPOROSIS SCREENING IN RURAL AREA MEN

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INTRODUCTION

Worldwide, approximately one in five men aged 50 years or over will suffer an osteoporotic fracture. In rural Greek areas access to the nearest DEXA facility combined with a very low male referral rate, make their osteoporosis burden assessment more difficult.

PURPOSE

To estimate, for the first time in our area in men, the prevalence of FRAX clinical risk factors (FRF), calcium intake lifestyle habits and perform osteoporosis screening in 101 men, aged 50-84 years.

METHODS

Our study was carried out in our municipality and included FRF evaluation by our trainees, BMD measurement with heel QUS and dairy calcium intake using a food frequency questionnaire.

RESULTS

Mean age: 68,02 years BMI :27,52 kg/m². We found that 1 and 2 out of 51 (aged 50-70) and 50 (aged over 70) men had T>-2,5. Accordingly 34 (68%) aged 50-70, and 18 (36%) aged over 70, had T<-1. Also 3.9% and 68% had hip fracture probability over 3% without BMD for the age groups 50-70 years and over 70 years, respectively. Their average calcium intake from dairy products: was 480 and 438 mg for the age groups 50-70 and over 70 years, respectively.

CONCLUSION

In our study we found that the most common FRF are smoking and alcohol for the age group 50-70. Also secondary osteoporosis and parent fracture hip for the aged over 70. Their average calcium intake from dairy products is way from adequate but it is compensated partly from their Mediterranean diet habits. Further actions are necessary to tackle with this vastly underestimated and neglected health issue.

>=70 N= 50	50-70 N= 51	Age Group
3	5	History of hip fracture
11	11	Parent fractured hip
3	15	Smoking
2	15	Alcohol
11	2	Secondary Osteoporosis
26	16	NO FRF