

Prevalence of Osteoporosis and Osteopenia in Rural Adult Population of Andhra Pradesh

Anantha Krishna*, Pawan Kumar Sharma**

Mediciti Institute Of Medical Sciences, Hyderabad, India

E-mail: sentinel189@gmail.com

Background

Osteoporosis and osteopenia are emerging as a major public health problem in India, associated with substantial morbidity and socio-economic burden. An early detection can help in reducing the fracture rates and overall socio-economic burden in adult population.

Aims & Objectives

To 4screen the bone status (osteopenia and osteoporosis) in rural adult population above the age of 25 years in Medchal mandal of Andhra Pradesh.

Materials and Methods

Ethical clearance was obtained from the Institutional Ethical Committee. A hospital based study was carried out from April through June 2013 in 150 men and women of Medchal Mandal after taking informed consent. Information was collected on a pretested questionnaire by direct interviewing and Bone mineral density was tested using QUS at the right tibia following which WHO T-scores were calculated. Data is currently being entered

in Microsoft Excel and analyzed using Microsoft Access.

Results

The preliminary result (of 58 entries made so far) suggested that a substantial rural population had osteopenia and osteoporosis after the age of 45 years. The prevalence of osteoporosis was 24.88% and osteopenia 32.75%. Maximum number of both osteoporosis and osteopenic adults were found in the 55-64 years age group. Almost 100% prevalence of either osteopenia or osteoporosis was seen beyond the age of 65 years amongst women. Socio economic status also seems to influence the outcome of osteopenic and osteoporosis score in present study.

Conclusions

Rural population should be routinely screened for osteoporosis and osteopenia using tibial QUS method utilizing WHO 'T' score criteria so that they may be diagnosed early and do not progress to face the complications of osteoporosis.