

Osteoporosis in Postmenopausal Women

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ABSTRACT

Introduction: Measuring a patient's bone mineral density by densitometry is a public health strategy adapted to the prevention of osteoporosis-related fractures in individuals at risk, and practitioners are encouraged to assess these risks in postmenopausal women.

Objectives: To determine osteoporosis risk factors in a sample of the Tunisian population, aiming at targeting menopausal women for whom bone densitometry could be indicated.

Methods: An epidemiological study of 150 postmenopausal women aged over 45 years was conducted in our maternity center in Monastir. Face-to-face interviews were performed to collect data on the patients about personal and family history of vertebral or limb fractures, endocrine disorders, corticosteroid use and early menopause. The body mass index (BMI) was determined during the interview by measuring height and weight. Among other things, all of these patients have benefited from densitometry.

Results: Ninety-eight of the women surveyed with (76%) with osteoporosis and at least one risk factor for osteoporosis. The most common risk factor was vertebral fracture or compression (20.8%), followed by endocrine disorders (10.5%) and long-term use of corticosteroids (10.5%). A total of 40 women had multiple risk factors and the proportion of women with multiple risk factors was found to increase with age.

Conclusions: Extrapolating our results to the general population, more than 70% of Tunisian women would benefit from densitometry. As the diagnosis of osteoporosis is established only for a small proportion of them, densitometry could therefore be used for a much larger number of women and essentially those with one of the risk factors.