

## عنوان مقاله:

Evaluation of Bone Mineral Density in Perimenopausal Period

## محل انتشار:

مجله استخوان و جراحی عمومی، دوره 6، شماره 1 (سال: 1397)

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## خلاصه مقاله:

Background: The menopausal transition called perimenopause, happens after the reproductive years, and is specified with irregular menstrual cycles, perimenopause symptoms and hormonal changes. Women going through perimenopausal period are vulnerable to bone loss. Osteoporosis is one of the most common debilitating metabolic bone diseases, especially in the women almost around 50 years. This study was intended to evaluate the prevalence of osteopenia/osteoporosis among asymptomatic individuals during the menopause transition period. Methods: A total of 714 asymptomatic peri-menopausal female volunteers were recruited through a billboard invitation for participation in the study. The subjects were selected based on already defined inclusion and exclusion criteria. The project, which was conducted between 2010 and 2014 was affiliated to the Educational and Therapeutic Center, Imam Reza Hospital, Mashhad, Iran. Bone Mineral Densitometry (BMD) measured by DEXA (dual-energy X-ray absorptiometry) was carried out on two distinct sites, the proximal femur and the lumbar vertebrae from L1 to L4. Pertained data were analyzed. Results: The mean age of the subjects was  $49.7 \pm 2$  years. The overall prevalence of osteopenia and osteoporosis in these peri-menopausal individuals were 37.6% and 10% respectively. Thirty five point two percent of 714 women presented with osteopenia and eight percent of them have osteoporosis in the femoral neck, respectively. Nonetheless, BMD values at the lumbar spine indicated 41.6% and 12% of individual participants being affected by osteopenia and osteoporosis. Conclusion: In general osteopenia or osteoporosis, occurred in 48% of this study population, implying that special attention is required for the bone health status of Iranian women who undergo menopause.

## کلمات کلیدی:

Bone mineral densitometry, Osteopenia, Osteoporosis, Peri-menopause

