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绝经后骨质疏松症发病相关危险因素分析及预防措施探讨 [点此下载全文](#)

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摘要:

摘要目的: 探讨绝经后女性骨质疏松的患病情况与其发病相关危险因素, 以及防治骨质疏松的策略。方法: 采用了与骨质疏松相关的危险因素问卷调查表, 对155例年龄50—79岁离退休绝经后女性采用双能X线骨密度测定仪(DXA)测定其骨密度(BMD), 并对其进行统计学分析及二分变量Logistic逐步回归分析。结果: ①各年龄段绝经后, 女性骨密度随着年龄的增长均有下降趋势; ②155例绝经后女性中, 骨质疏松患者为66例(42.58%), 50—79岁各组骨质疏松患病率分别为31.58%, 41.79%, 64.52%; ③体重指数(OR=0.467, P=0.000), 规律运动(OR=0.124, P=0.000), 青少年时爱好运动(OR=0.246, P=0.012), 生育个数(OR=2.416, P=0.000), 绝经年限(OR=1.174, P=0.001)为骨质疏松的相关因素; ④体重指数、规律运动、青少年时爱好活动与骨质疏松的发病呈负相关(P<0.05), 而生育个数、绝经年限与骨质疏松的发病呈正相关(P<0.05)。结论: 绝经后女性是否规律运动、青少年时是否爱好运动、体重指数、绝经年限及生育个数均是影响绝经后女性骨质疏松的发病风险。绝经后女性进行规律运动, 防治低体重指数可阻止骨质疏松的发展。

关键词: [绝经后骨质疏松](#) [骨密度](#) [发病](#) [危险因素](#)

Analysis of relevant risk factors and prevention of postmenopausal osteoporosis [Download Fulltext](#)

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Abstract:

Abstract Objective: To investigate the prevalence and relevant risk factors of postmenopausal osteoporosis(PMOP) and its prevention strategy. Method: Relevant risk factors questionnaire (RRFQ) of OP was utilized. Bone mass density (BMD) was taken by application of dual energy X ray absorptiometry (DXA) in 155 cases of retired postmenopausal women included aged 50—79 years old. The results were analyzed by binary Logistic regression analysis in order to sift correlation factors. Result: ①The lumbar vertebra and hip BMD in each age group of postmenopausal women showed a decreasing trend with growth of age. ②Among the 155 cases, there were 66 cases (42.58%) of OP at lumbar vertebra and hip zones; while the OP prevalence of each group from the age 50—79 were 31.58%, 41.79%, 64.52% respectively. ③Body mass index (OR=0.467, P=0.000), regular exercises (OR=0.124, P=0.000), favor index to sports in adolescence (OR=0.246, P=0.012), birth number (OR=2.416, P=0.000) and menopausal years (OR=1.174, P=0.001) were relevant factors causing OP. ④The body mass index, regular exercises and favorite index of sports in adolescence were negatively correlated to the cause of OP(P<0.05), while the birth number and menopausal years were positively correlated to the cause of OP (P<0.05). Conclusion: Regular exercises, favorite of sports in adolescence, body mass index, menopausal years and birth numbers of postmenopausal women all have effects on the cause of OP in postmenopausal women. Both by taking regular exercises and preventing from low body mass index in postmenopausal women can help prevent the development of OP.

Keywords: [postmenopausal osteoporosis](#) [bone mass density](#) [prevalence](#) [risk factors](#)

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