

Knowledge Of Osteoporosis In A Sample Population Of Mexico. Aware But Not Treated.

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INTRODUCTION: Osteoporosis (OP) is progressive skeletal condition, characterized by a deterioration of the quality and quantity of bone tissue. This condition increases the risk of fractures in older patients. Both OP and fragility fractures are known to be preventable if a series of maneuvers are followed to improve bone health. Among others, physical activity, exposition to sun light, adequate calcium intake, may improve the bone quality among adults. In this survey we aimed to know how people are knowledgeable about OP, and if in risk they are acting or receiving attention.

METHODS: A survey was conducted in men and women older than 18 years of age in the City of Tampico, Mexico. The sample was representative of this population and was randomly selected by socioeconomic level, age, and sex. In this study we used the Spanish version of the osteoporosis knowledge assessment tool (OKAT) as well as sociodemographic factors that influence OP. Three-hundred individuals were surveyed. Dimensional data was expressed in means and SD. Qualitative data was presented in percentages.

RESULTS SECTION: Demographic Results: Mean age was 63.4 ± 10.08 . Gender 76.6% female and 23.4% male. Educational level: University studies 91.5%, Civil status: 60.3% living as a couple; Type of healthcare services: 86.6% public; diagnosis of OP knowledge, 70.5% yes; smoking habit 87.5% no; alcohol consumption 68.1%; exercise 39.7% no; vitamin supplements consumption 51.1% yes; calcium supplements consumption 24.4% yes; previous use of hormone replacement therapy: 86.4% no; actual use of hormone replacement therapy 92.9% no; previous diagnosis of OP: yes 5.1%. The OKAT questionnaire results (just correct answers): 1) Does OP increases the risk factor for bone fracture? 98.6%. 2) Does OP generally cause symptoms before fractures? 44.1%. 3) Does any kind of physical activity is good for OP? 34.6%. 4) Is it very easy to say you have OP when you know all risk factors? 46.1%. 5) Can 2 glasses of milk support the daily needs of calcium? 42%. 6) Does the consumption of alcohol influence development of OP? 38.6%. 7) Is there no effective treatment for OP available in Tamaulipas? 56.3%.

DISCUSSION: Our findings suggest that our population is not very aware of useful knowledge of prevention of osteoporosis. A major component of prevention is education, and healthcare providers in Mexico can improve in this matter.

SIGNIFICANCE/CLINICAL RELEVANCE:

Our study suggests that vast majority of participants in our survey do not engage in activities or calcium intakes that are adequate for building healthy bone.

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