

# TAKE CONTROL OF YOUR HEALTH

## Bone Disorders

By

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# Osteoporosis Risk Factors

- Estrogen loss.
- White or Asian race.
- Family history.
- Thin body frame.
- Smoking.
- Sedentary lifestyle.
- Ca and/or Vitamin D deficient diet.
- ↑ Intake of ETOH, Caffeine, Na and/or animal proteins.
- Long term use of certain medications.
- Corticosteroids, Chemotherapy, Lithium, Tetracycline.



## BMD measurement

- Normal BMD with ISD
- Osteopenia –  $-2.5 \text{ SD} < \text{BMD} < 1.0$
- Osteoporosis  $\text{BMD} < -2.5 \text{ SD}$
  
- Severe osteoporosis: Osteoporosis  
+  $\geq 1$  more fragility

## The following patients should undergo assessment for Postmenopausal osteoporosis.

### Screening:

1. All women  $> 65$  Y/O.
2. All adult women with H/O Fracture.
3. Younger post menopausal women who have clinical risk factors :-
  - a- Low body weight  $< 57.6$  Kg.
  - b-Family history of spine or Hip Fracture.