

MENOPAUSAL OSTEOPOROSIS: PERSPECTIVES AND TREATMENT OF INDIAN WOMEN IN A TERTIARY CARE HOSPITAL

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Abstract

BACKGROUND

Osteoporosis, a highly prevalent skeletal disorder, predisposes individuals to an increased risk of fracture. Postmenopausal women are at higher risk for developing osteoporosis and osteoporosis-related fractures. Osteoporotic fractures are commonly asymptomatic, necessitating a need for proactive screening, diagnostic testing, and therapeutic interventions to reduce the risk of fractures in at-risk patients.

AIMS AND OBJECTIVES

To study the full spectrum of musculoskeletal symptoms in women attending postmenopausal clinic & individualize their management.

STUDY DESIGN

Longitudinal prospective open study

STUDY SUBJECTS : n =100

METHODOLOGY

Data related to their demographic profile, symptom array, attitudes and perception about osteoporosis, examination findings were

noted. Hormonal, metabolic and bone mineral density parameters were collected wherever possible for risk assessment and start treatment. Analysis was done using appropriate statistical tools.

RESULTS

The mean age of menopause was found to be 46-50 years and most women presented after 5 years of menopause. The commonest musculoskeletal symptoms were backache, diffuse joint pains & generalized bodyache. Osteoporosis and osteopenia was found in 25% of patients. Only 20% were following a healthy life style. All women were started on lifestyle modifications, calcium & calcitriol supplementation. Bisphosphonates were started weekly for women with osteoporosis and osteopenia. The study provides a one year follow up of all enrolled women.

CONCLUSIONS

The effect of menopause is apparent across several domains of a woman's life. Necessary steps are needed for sensitization and early start of treatment to prevent long term complication of osteopenia and osteoporosis. The high morbidity in symptomatic patients highlights the need for collaborative clinics to fulfill the needs of menopausal women.