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CoReumaPt-Osteoporose – a national based cohort study of post-menopausal women

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Introduction:

Osteoporosis is a major public health concern however its impact in Portuguese population is unknown.

Our aim is to set up a national post-menopausal women cohort- CoReumaPt-Osteoporose in order to find novel tools that predict vertebral fragility fractures and improve osteoporosis therapy decision-making. This study will also provide Portuguese epidemiological data regarding vertebral fractures and osteoporosis.

In this abstract we present the preliminary results from baseline evaluation of Lisbon population.

Methods:

Portuguese women over 65 years from EpiReumaPt are being invited to constitute a 24 month prospective cohort study. Patients are assessed by an experienced rheumatologist at baseline and every 12 months. A clinical protocol is applied in order to collect clinical risk factors (CRF) for fracture. 10 year risk of major and hip fracture is calculated using FRAX tool. X-rays and blood sample collection are being performed at EpiReumaPt's diagnostic van. Peripheral and axial DXA and vertebral CT scans will be performed at baseline and at 24 months. An interim descriptive analysis is presented in this work.

Results:

From September 2011 up to February 2012, 85 post-menopausal women were recruited in the great Lisbon area. The mean age was of 73 ± 7 years. 12% had taken anti-osteoporotic therapy for at least one year (5% were currently under anti-osteoporotic therapy). 36% were diagnosed with osteoporosis by the rheumatologist. Regarding CRFs, 28.2% had previous history of a fragility fracture, 8.2% had family history of hip fracture and 7.4% had secondary osteoporosis (one patient had rheumatoid arthritis). The 10 year risk of fracture calculated using only CRFs was of $9.2\pm 7.7\%$ for major fractures and of $3.7\pm 6.4\%$ for hip fractures. The mean bone mineral density of distal radio was of $0.352\pm 0.095\text{cm}^2$ and the Tscore was -1.9 ± 1.2 . The ten year risk of a major fracture ($r=-0.376$; $p=0.001$) and of hip fracture ($r=-0.378$; $p=0.001$) using only CRFs was significantly inversely associated with peripheral DXA results.

Conclusion:

These preliminary results confirm OP as an important public health problem in Portuguese women. National data from CoReumaPt-osteoporose will contribute to refine individual treatment decision and minimize societal and healthcare costs.