

**PREVALENCE OF OSTEOPOROSIS (OPR) AND OSTEOPENIA (OPN) IN GREEK WOMEN: A POPULATION BASED STUDY.**

Andrianakos A<sup>1</sup>, Trontzas P<sup>1</sup>, Georgountzos A<sup>1</sup>, Kaziolas G<sup>1</sup>, Kaskani E<sup>1</sup>, Nikolia Z<sup>1</sup>, Karamitsos D, Garantziotou V<sup>1</sup>, Kontoyianni A<sup>1</sup>, Dantis P<sup>1</sup>, Georgiou E<sup>2</sup>.

<sup>1</sup>Hellenic Foundation for Rheumatologica] Research, Athens, Greece.

<sup>2</sup>Bonc Metabolism Dpt., Ygias Melathron, Athens. Greece.

Objective: To assess the prevalence of OPR and OPN in Greek women aged 50 years old and over by a population-based study.

Methods: This cross-sectional study was conducted in one rural and two urban areas (total adult population 4084) located near Athens, as part of a large epidemiological study of the rheumatic diseases in the general population of Greece (ESORDIG study). Eight rheumatologists performed the survey by visiting all residents either from house-to-house or after appointments. Of 360 women aged  $\geq 50$  years randomly selected (1:2) from a total of 718 participating in the ESORDIG study and interviewed on the basis of a standardized questionnaire, 320 underwent bone mineral density (BMD) measurements (response rate 88.9%). BMD in lumbar spine was measured at anterior-posterior view with dual-energy x-ray absorptiometry (DEXA, Hologic QDR-4500A). The WHO criteria were applied for diagnosing OPR and OPN

Results: OPR and OPN were diagnosed on 91 and 136 women, giving a prevalence of 28.4% (95% CI: 23.4-33.4) and 42.5% (95% CI: 37.0-48.0), respectively. Age prevalence of OPR increased significantly from 13.9% (95% CI: 8.4-19.4) in the age group 50-59 to 42.3% (95% CI: 37.5-47.1) in the age group 60-69 and to 43.1% (95% CI 36.6-49.6) in the age group  $\geq 70$  years ( $p < 0.0005$ ). However, age prevalence of OPN was higher in women aged 50-59 years (48.7%, 95% CI; 44.7-52.7) compared to that in older women (36.4%, 95% CI: 32.6-40.2) ( $p = 0.026$ )

Conclusion: The results of the study showed that the prevalence of OPR and OPN in Greek women aged 50 years and over is quite high and is comparable to that found in other Caucasian populations.