

Description of bone mineral density in postmenopausal women at Immunoendocrinology Integrated Laboratory, Faculty of Medicine University of Indonesia

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Abstrak

Untuk mengetahui pola densitas mineral tulang pada wanita pasca menopause dilakukan penelitian secara retrospektif terhadap 40 wanita pasca menopause dengan menggunakan alat DEXA pada tulang L2 – L4. Didapatkan hasil dengan akurasi formula survey 15%: rerata usia menopause 53,25 tahun, 30 % densitas mineral tulang normal, 52,5 % osteopenia & 17,5 % osteoporosis. Pada penelitian ini juga didapatkan ada hubungan yang kuat ($r = 0,547$) & sangat bermakna ($p = 0,000$) antara tinggi badan dengan densitas mineral tulang, didapatkan hubungan yang cukup ($r = 0,315$) & bermakna ($p = 0,047$) antara berat badan dengan densitas mineral tulang, demikian pula hubungan yang cukup ($r = - 0,301$) & bermakna ($p = 0,059$) antara lama menopause dengan densitas mineral tulang, serta tidak didapatkan hubungan antara usia ($r = 0,119$) maupun Indeks Masa Tubuh (IMT) ($r = 0,086$) dengan densitas mineral tulang. (Med J Indones 2004; 13: 31-9)

To identify the pattern of bone mineral density in postmenopausal women through retrospective study in 40 postmenopausal women using DEXA instrument in bones (L2 - L4). Results with 15% of survey formula accuracy were found: mean of menopausal age was 53.25 years, normal bone mineral density 30%, osteopenia 52.5%, and osteoporosis 17.5%. A very strong relationship ($r=0.547$) and a significant relationship ($p=0.000$) between body height and bone mineral density were found in this study, and there was a moderate ($r=0.315$) and significant ($p= 0.047$) relationship between body weight and bone mineral density, and likewise there was a moderate ($r=-0.301$) and significant ($p=0.059$) relationship between duration of menopause and bone mineral density. By contrast, no relationship was found between age ($r=0.119$) and Body Mass Index (BMI) ($r=0.086$) and bone mineral density. (Med J Indones 2004; 13: 31-9)