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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)

<hr>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)