

## 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)*