

Faktor-faktor risiko pada kejadian massa tulang puncak rendah perempuan : studi kasus kontrol di Jakarta = Risk factors of low peak bone mass in women : case control study in Jakarta

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Abstrak

[ABSTRAK

Mencegah terjadinya massa tulang puncak rendah merupakan salah satu dari sekian banyak strategi pencegahan osteoporosis. Suatu penelitian yang melibatkan 25 kasus dengan massa tulang puncak rendah dan 25 kontrol telah dilakukan untuk meneliti faktor risiko yang memengaruhi kejadian tersebut. Kelompok kasus memiliki indeks riwayat kalsium (IRK) yang lebih rendah dibanding kontrol (median 160 (1−2361) vs 965 (19−3185), $p=0,001$). Seseorang dengan nilai IRK <1000 memiliki risiko lebih tinggi mengalami massa tulang puncak rendah dibanding IRK lebih tinggi (odds ratio 10,61, 95% CI: 2,05; 54,95). Riwayat konsumsi teh atau kopi, serta data komposisi tubuh dan aktivitas fisik saat penelitian bukan merupakan faktor risiko. Sehingga, penghitungan IRK dengan nilai batas 300 dan 1000 dapat digunakan untuk mengidentifikasi perempuan yang lebih berisiko dan modifikasi kebiasaan hidup dapat disarankan lebih dini.

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ABSTRACT

Preventing the occurrence of low peak bone mass is one of the many strategies of osteoporosis prevention. A study involving 25 cases with low peak bone mass and 25 controls was conducted to examine the risk factors of low peak bone mass. The cases had a lower historical calcium index (HCI) compared to controls (median of 160 (1-2361) vs. 965 (19-3185), $p=0.001$). Someone with HCI <1000 had risk of having low peak bone mass compared to those with higher HCI (odds ratio 10.61, 95% CI: 2.05; 54.95), and some with HCI <300 had a higher risk. History of tea or coffee consumption, as well as body composition and physical activity acquired during the study were not known as risk factors. Therefore, HCI calculations with cut-off of 300 and 1000 can be used to identify those at risk and earlier lifestyle modifications should be recommended., Preventing the occurrence of low peak bone mass is one of the many strategies of osteoporosis prevention. A study involving 25 cases with low peak bone mass and 25 controls was conducted to examine the risk factors of low peak bone mass. The cases had a lower historical calcium index (HCI) compared to controls (median of 160 (1-2361) vs. 965 (19-3185), $p=0.001$). Someone with HCI <1000 had risk of having low peak bone mass compared to those with higher HCI (odds ratio 10.61, 95% CI: 2.05; 54.95), and some with HCI <300 had a higher risk. History of tea or coffee consumption, as well as body composition and physical activity acquired during the study were not known as risk factors. Therefore, HCI calculations with cut-off of 300 and 1000 can be used to identify those at risk and earlier lifestyle modifications should be recommended.]