STUDI FAKTOR RISIKO OSTEOPOROSIS PADA PEREMPUAN PRA-LANSIA DI KELURAHAN CURUG, KECAMATAN CIMANGGIS, KOTA DEPOK, JAWA BARAT

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Abstrak

Latar Belakang: Diperkirakan pada tahun 2050 angka kasus patah tulang panggul akibat osteoporosis di Asia meningkat 2,28 kali lipat dari tahun 2018. Skrining osteoporosis pada perempuan diatas 45 tahun penting dilakukan untuk mencegah terjadinya osteoporosis dan patah tulang. Banyak studi telah meneliti faktor risiko osteoporosis, tetapi masih sedikit yang secara spesifik membahas faktor risiko osteoporosis pada perempuan pra-lansia berusia 45-59 tahun. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan faktor risiko osteoporosis dengan kejadian osteoporosis pada perempuan pra-lansia di Kecamatan Cimanggis **Metode:** Metode penelitian ini adalah penelitian cross-sectional dengan consecutive sampling pada 113 responden. menggunakan BMD Osteosys, Sonost 3000 and questionnaire International Osteoporosis Foundation (IOF). **Hasil:** Dari 113 responden menunjukkan bahwa terdapat 7 responden (6,2%) mengalami densitas tulang normal dan 106 responden (93,8%) mengalami penurunan densitas tulang. Tidak terdapat hubungan signifikan pada penurunan tinggi badan, riwayat orang tua patah tulang panggul, riwayat patah tulang, konsumsi alkohol, kebiasaan merokok, IMT <18,5, konsumsi obat jangka panjang dan penyakit komorbid dengan densitas tulang. **Kesimpulan:** Perlu perhatian khusus pada perempuan pra-lansia untuk mengenali faktor risiko osteoporosis yang dapat memengaruhi perjalanan penyakit.

Kata Kunci: *Osteoporosis, Risk Faktor, Middle-age, Women, BMD*

RISK FACTORS OF OSTEOPOROSIS ON MIDDLE-AGE WOMEN IN CURUG URBAN, CIMANGGIS DISTRICT, DEPOK CITY, WEST JAVA

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Abstract

Background: It is estimated that by 2050 the number of cases of hip fracture due to osteoporosis in Asia will increase 2.28 times from 2018. It is important for screening in women over 45 years to prevent osteoporosis and bone fractures. Many study have investigated osteoporosis risk factors, but few have specifically addressed osteoporosis risk factors in middle-age women with the age of 45 – 59th years old. **Objective:** to determine the relationship between osteoporosis risk factors and the incidence of osteoporosis in middle-age women in Cimanggis District. **Methods:** A cross-sectional and consecutive sampling method were conducted on 113 participants. Bone density was evaluated with BMD Osteosys Sonost 3000 and Risk Factor was evaluated questionnaire International Osteoporosis Foundation (IOF). **Result:** Among 113 respondents obtained that 7 respondent (6,2%) had normal bone density and 106 respondent (93,8%) had low bone density. Height loss, family history of hip fracture, history of fracture, alcohol consumption, smoking habit, BMI <18,5, History of long-term drug consumption, comorbid disease was not significantly associated with bone density. **Conlusion:** Special attention was needed for middle-age women to identify risk factors of osteoporosis that can affect the course of the disease.

Kata Kunci: *Osteoporosis, Risk Factor, Middle-age, Women, BMD*