

OSTEOPOROSIS RISK FACTORS IN THE FEMALE POPULATION IN URBAN AND RURAL ENVIRONMENTS

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Abstract

Osteoporosis is a progressive, systemic, chronic, metabolic bone disease that leads to loss of bone mass, damage to the microarchitecture of bone tissue, and increased bone fragility. Osteoporosis affects 10% of the world's population and it mainly occurs in people over 50 years old (more often in women). It is a disease that significantly affects the quality of life and can lead to disability, and fractures as the main complication are the cause of increased mortality in these patients. The number of people suffering from this disease is increasing, and considering that it develops without symptoms, osteoporosis has received the epithet "silent epidemic". The aim of the research was to compare the risk factors for the occurrence of osteoporosis in an urban region compared to a rural region.

The retrospective study involved 40 female respondents, over 45 years old, from the urban region of Sanski Most municipality and 40 female respondents, over 45 years old, from the rural region of Dobož municipality. For the purposes of the research, a quick test for osteoporosis was used in the form of a nine-question questionnaire. The statistical significance of the difference in the answers obtained during the osteoporosis test, in different cities, was evaluated by the χ^2 test.

The χ^2 test showed that there is a statistically significant difference in the answers to the question "do you smoke more than 20 cigarettes a day". 16 respondents, from the urban area of the municipality of Sanski Most, answered that they smoke more than 20 cigarettes a day, while only 5 respondents, from the rural area of the municipality of Dobož, answered in the affirmative. Smoking is one of the risk factors for osteoporosis. For the other questions, no statistically significant difference was found in the responses of respondents living in urban and rural regions.

Based on the obtained results, it can be concluded that there is no statistically significant difference in the influence of individual risk factors on the occurrence of osteoporosis in women living in urban and rural regions.

Key words: *Osteoporosis, Risk factors, Female gender.*