Abstract

Objectives. To describe the frequency of clinical risk factors for osteoporosis in postmenopausal women with osteoporosis.

Patients and Methods. In this cross-sectional observational multicenter study, a total of 730 postmenopausal women were assessed for risk factors for osteoporosis. Assessment included a standardised questionnaire that recorded information on clinical risk factors. The risk factors assessed were family and personal histories of fractures, prolonged immobilisation, sun exposure, lifelong sedentary lifestyle, smoking, low calcium intake in childhood and adulthood, excessive caffeine intake, high sodium intake, inadequate protein intake, number of pregnancies, age at menopause, premature menopause, primary and secondary amenorrhea, medical conditions and chronic drug intake.

Results. The most frequent clinical risk factors for osteoporosis were inadequate sun exposure (53.3 %), current sedentary lifestyle (52.9 %), low intake of calcium in adulthood (45.1 %) and in childhood (41.9 %) and sedentary lifestyle in adolescence (27.9 %). Seven hundred and seven patients (96.5 %) described more than one risk factor. Of all, 74.3% of patients reported clinical risk factors for secondary osteoporosis.

Conclusion. Adequate sun exposure and adequate dietary calcium intake since childhood in combination with a lifelong daily physical activity may play a role in prevention of osteoporosis in postmenopausal women. In addition, physicians must be aware of the high probability of secondary osteoporosis in this group.