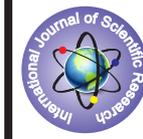


## AWARENESS ABOUT OSTEOPOROSIS AMONG SAUDI MALE



### Medicine

#### KEYWORDS:

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### ABSTRACT

**Objectives:** To assess the awareness about Osteoporosis among Saudi males

**Materials and Methods:** Cross sectional questionnaire based study . A questionnaire derived from Osteoporosis Knowledge and Assessment tool (OKAT) was distributed among Saudi males admitted or visiting King Fahad hospital Hofuf , Saudi Arabia . Demographic characteristics and response to questionnaire were collected separately

**Results:** Twenty five individual responded to the questionnaire Mean age of the patient was 32.2 with minimum age of 17 and maximum age of 78 . Majority of the respondent have some education with 36% having secondary and 20% having college level education . Approximately 22% have family history of fracture and 48 % are regularly involved in regular exercise .

Majority of the patients have correct response of less than 60% in most of the questions Minimum score on Osteoporosis Knowledge and Assessment tool (OKAT) in our series was 0 and maximum score was 12 with a mean score of 5.9 . Cross tab analysis using Chi Square test did not reveal statistically significant difference among different age groups, educational status and level of knowledge. **Conclusion:**

#### Introduction

Osteoporosis is common but unrecognized problem . There is lack of awareness among Saudi male about this problem . There is a need of educational intervention programs to increase the awareness about this health issue.

**MATERIAL AND METHODS:** This was cross sectional questionnaire based study . Osteoporosis Knowledge and Assessment tool (OKAT) based . Questionnaire was distributed among adult males

admitted or visiting King Fahad Hospital Hofuf.

#### Inclusion criteria

All Adult males admitted or visiting king Fahad hospital Hofuf , male medical ward who were free from apparent illness studied.

#### Data Collection

We collected basic sociodemographic; medical history and lifestyle information from each participant (see Table 1). We evaluated

current knowledge about osteoporosis using Osteoporosis Knowledge and Assessment tool (OKAT).

Winzenberg et al. created and validated the OKAT in order to measure osteoporosis knowledge among Australian women. The 20-item questionnaire was developed based on the Osteoporosis Australia Prevention and Self Management courses and promotional materials. Participants are scored from 0 to 20 based on their correct responses to each question (true, false or do not know). For purposes of this study, 13 out of the 20 questions were adapted and used to evaluate knowledge among Saudi males. Questions not applicable to this population were not included in the study

**ANALYSIS**

Analysis was conducted using SPSS version 17. Descriptive characteristics were obtained to record demographic data, educational level and life style characteristics

**RESULTS:**

Percentages and frequency counts of the demographics, socioeconomic status and life style characteristics are shown in table 1. Mean age of the patient was 32.2 with minimum age of 17 and maximum age of 78. Majority of the respondent have some education with 36% having secondary and 20% having college level education. Approximately 22% have family history of fracture and 48% are regularly involved in regular exercise.

Minimum score on Osteoporosis knowledge and Assessment tool (OKAT) in our series was 0 and maximum score 12 was with a mean score of 5.9.

Table 2 indicates cross tab analysis of age groups, educational levels and the level of knowledge

**DISCUSSION**

Osteoporosis continues to be an under-recognized problem in men, and it goes untreated in the majority of men with fractures. One third of all hip fractures worldwide occur in men, and more men than women die in the year after a hip fracture, with a mortality rate in men of up to 37.5%. (2) Up to 40% of hip fractures in men occur among those in residential care facilities, and 20% of men who sustain a hip fracture have a second hip fracture. Although the very elderly are at highest risk, almost half of hip fractures in men occur before the age of 80 years. (3).

Our study showed that majority of the patients have limited or no knowledge about this health issue as indicated by low scores in OKAT. There was no difference in the correct response among educated and non educated individuals. There is no study from Saudi Arabia assessing the awareness about osteoporosis among males. Educational intervention have been shown to improve knowledge about the osteoporosis (4)

**CONCLUSION:**

Osteoporosis among Saudi males is unrecognized problem. There is limited knowledge among Saudi males about this. There is need of educational intervention program to improve awareness.

**Table 1 Demographic characteristics**

Age	18 (72)
17-35	3 (12)
36-52	3 (12)
53-76	1 (4)
>77	
Education	5 (17.9)
Elementary	5 (17.9)
Primary	9 (32.1)
Secondary	5 (17.9)
Universal	1 (3.9)
Illiteracy	1

Regular exercise	2 (48)
Yes	13 (52)
No	
Family history	22 (88)
Yes	3 (12)
No	
Diary intake- milk	9 (36)
Yes	16 (64)
No	

**Table 2 age and level of knowledge Cross tabulation**

Pt age	Count	% within pt age	level of knowledge			Total
			not enough knowledge	acceptable	adequate knowledge	
18-35	9	50.0%	8	0	1	18
			44.4%	0.0%	5.6%	100.0%
36-52	2	66.7%	0	0	1	3
			0.0%	0.0%	33.3%	100.0%
53-76	0	0.0%	2	0	1	3
			66.7%	0.0%	33.3%	100.0%
97	0	0.0%	1	0	0	1
			100.0%	0.0%	0.0%	100.0%
Total	11	44.0%	11	3	25	
			44.0%	12.0%	100.0%	

- not enough knowledge (score 0-4)
- Average knowledge (score 5-9)
- Adequate knowledge (score 10-13)

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