Osteoporosis and women with intellectual disability

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Osteoporosis progression
The Silent Thief of Bone
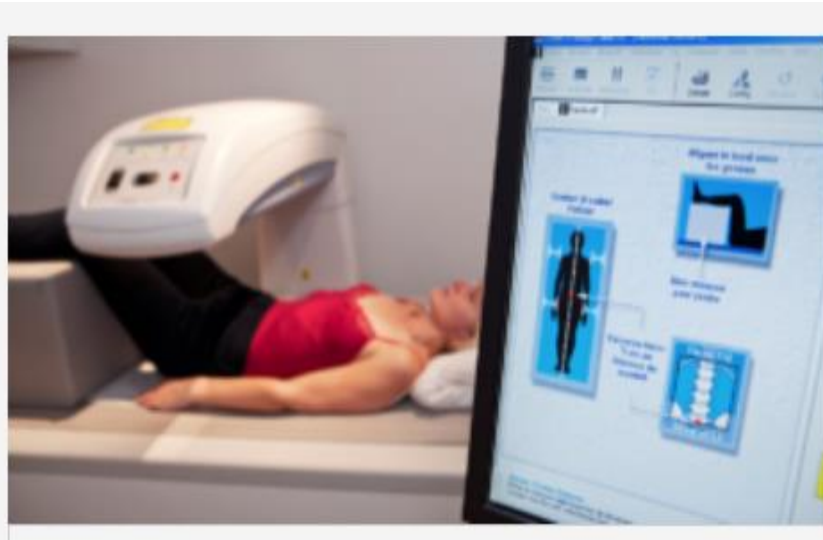
Along with DXA scanning

FRAX used in the
diagnosis of osteoporosis

Risk differ and diagnosis can be missed

- Smoking and alcohol consumption was negligible

- 0.9% corticosteroids

- 3.5% Identified parental history of fracture

- 74.7% menopause

- 41.6% AED medications

- 34% difficulty walking

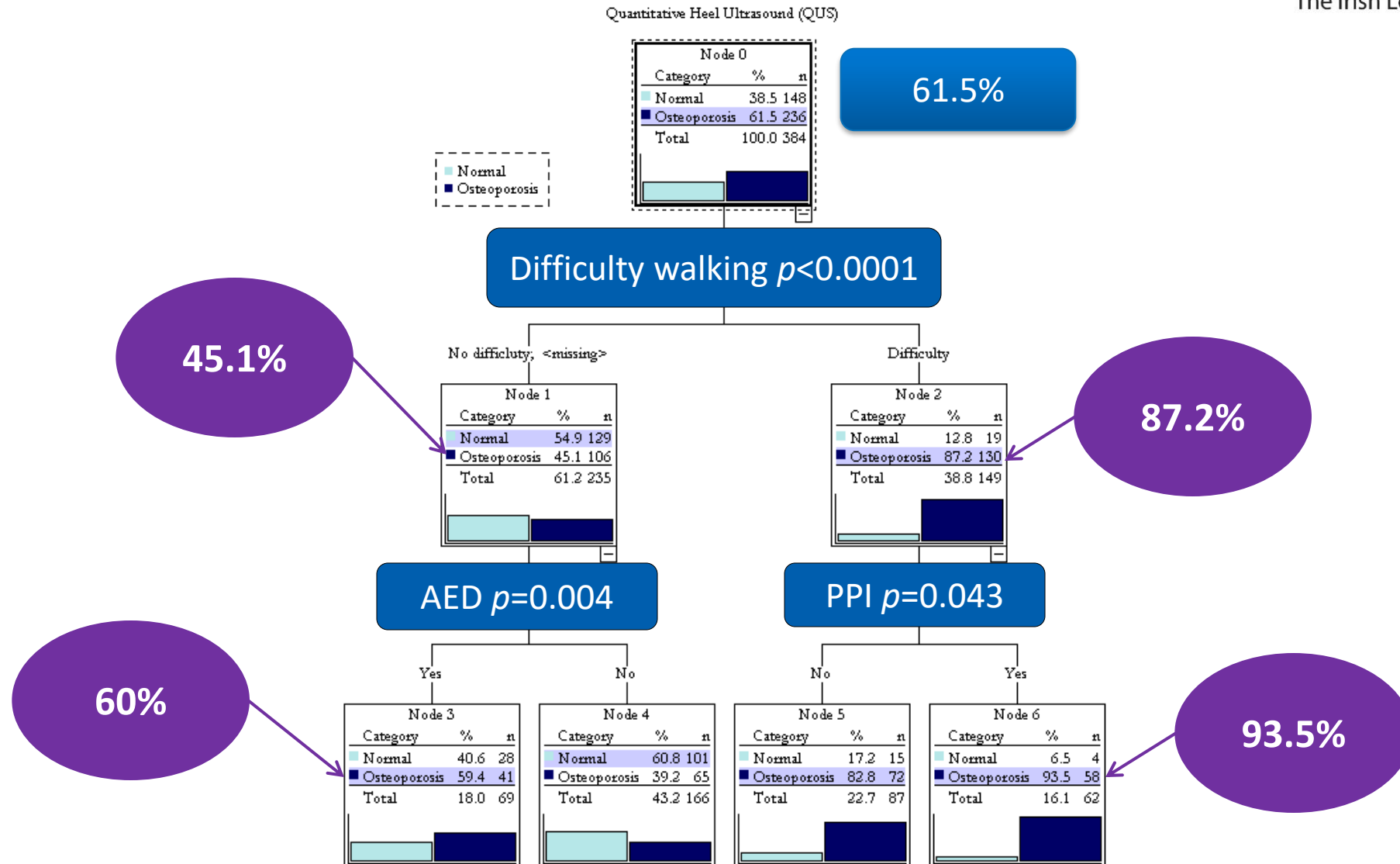- 49.2% below Ca intake recommendations

OS CALCIS - calcaneus bone

CHAID Osteoporosis

Quantitative Heel Ultrasound (QUS)

Node 0

Category	%	n
Normal	38.5	148
Osteoporosis	61.5	236
Total	100.0	384

61.5%

Difficulty walking *p*<0.0001

No difficulty; <missing>

Node 1

Category	%	n
Normal	54.9	129
Osteoporosis	45.1	106
Total	61.2	235

45.1%

Difficulty

Node 2

Category	%	n
Normal	12.8	19
Osteoporosis	87.2	130
Total	38.8	149

87.2%

AED *p*=0.004

PPI *p*=0.043

Yes

Node 3

Category	%	n
Normal	40.6	28
Osteoporosis	59.4	41
Total	18.0	69

60%

No

Node 4

Category	%	n
Normal	60.8	101
Osteoporosis	39.2	65
Total	43.2	166

No

Node 5

Category	%	n
Normal	17.2	15
Osteoporosis	82.8	72
Total	22.7	87

Yes

Node 6

Category	%	n
Normal	6.5	4
Osteoporosis	93.5	58
Total	16.1	62

93.5%

Legend: □ Normal ■ Osteoporosis

Women and osteoporosis

Older women 65+:
Osteoporosis **42%** v 21.2%
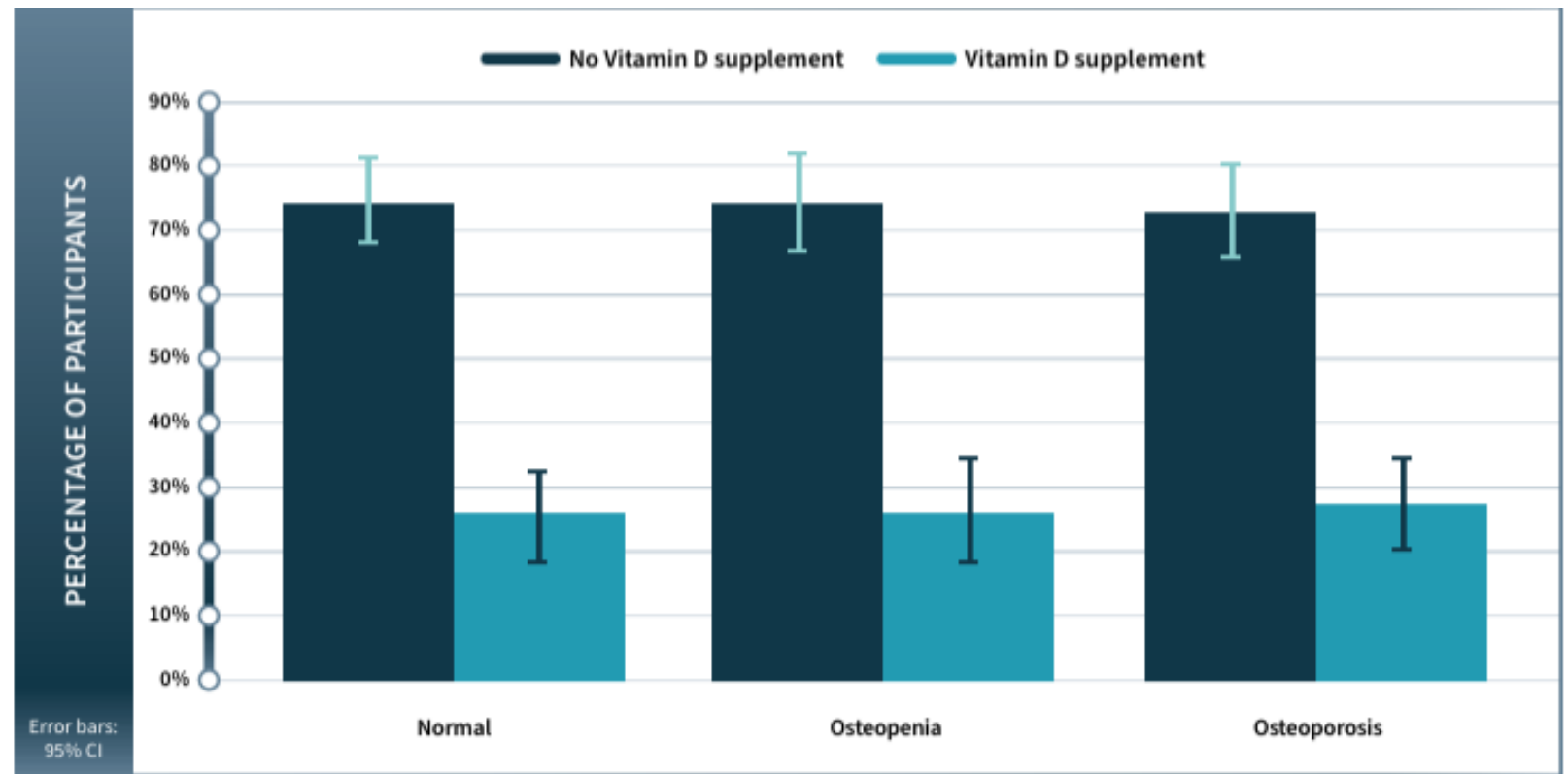Osteopenia **40.5%** v 25%

Attendance at DXA in the last 3 years and Vitamin D supplementation

**Wave 2
17.3%**

Attendance at DXA

**Wave 5
36.9%**

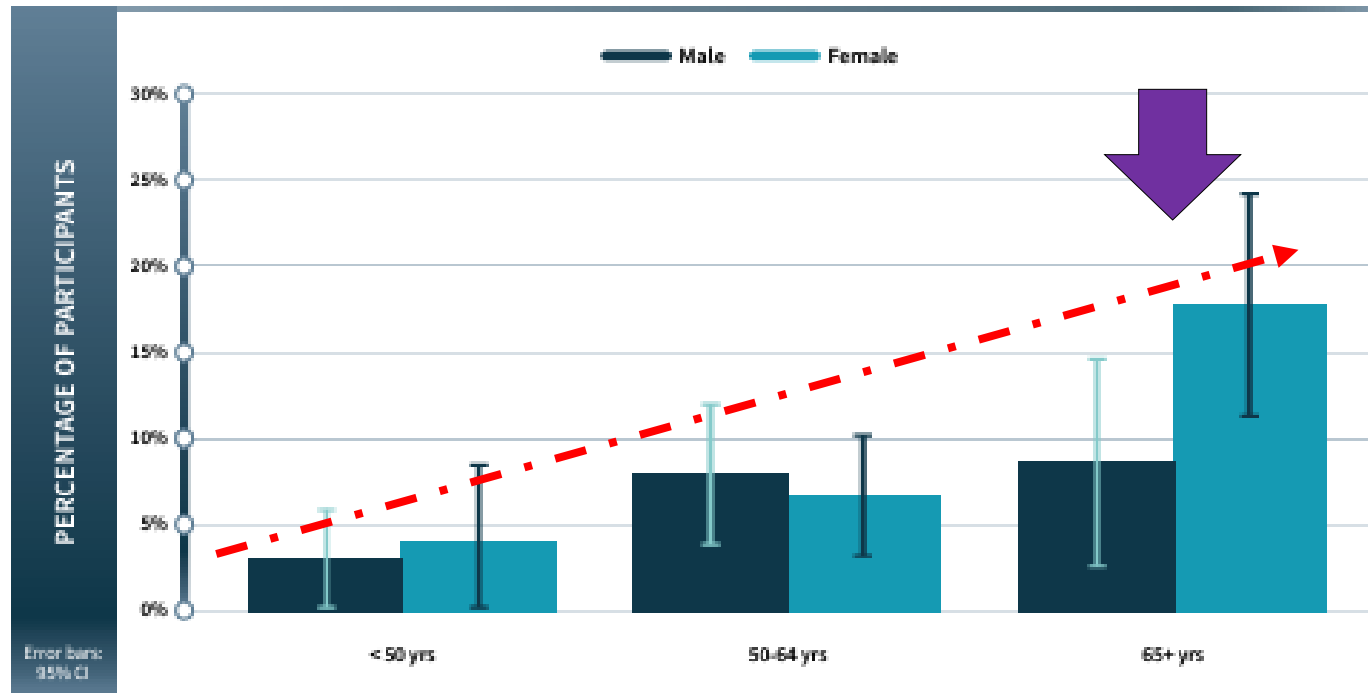## Vitamin D stratified by objectively measured bone health

Fragility fracture only – wrist, vertebra & hip

Prevalence increases with age
4% - 6.6% - 17.8%
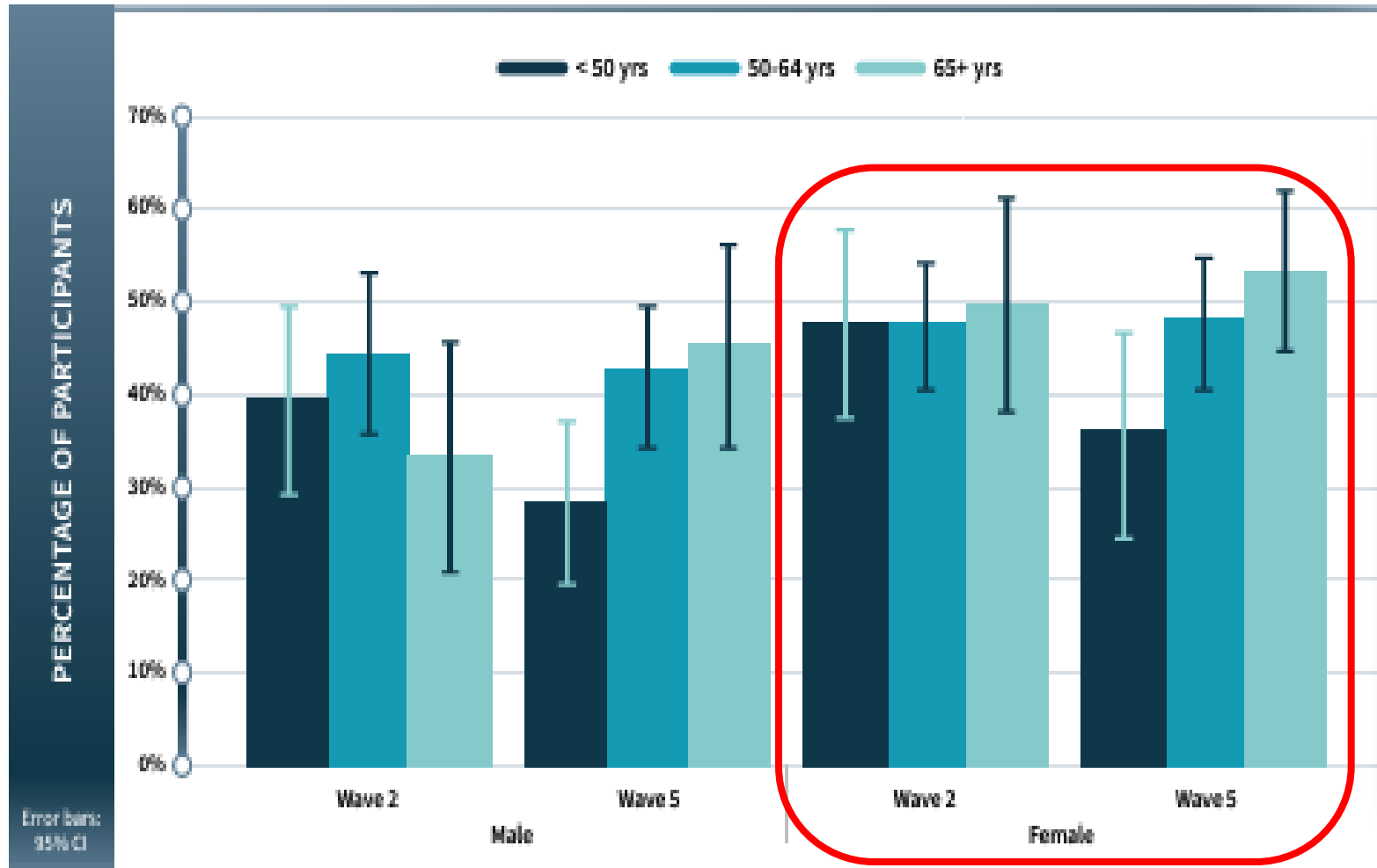
Higher levels observed among women [specially 65+]

Double the 1 in 10 reported by TILDA for those >65yrs.

Fear of falling [FOF]

Higher levels among females across all ages than males:

Specifically older women 65+ [wave 5]
53% v 45%

The perfect storm – so what are we going to do about it?

- **Prevalence is high**

- **Risk factors differ**

- **Rates of falls and fragility fractures are high**

- **FOF intensifies with age**

- **A complex challenge demanding urgent attention**