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PROGNOSTIC IMPORTANCE OF NEW IOF ONE-MINUTE OSTEOPOROSIS RISK TEST FOR THE EVALUATION OF RISK OF OSTEOPOROSIS IN WOMEN OF BELARUS

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Economical efficacy of the early diagnosis of osteoporosis is increased with the use of interactive testing. In 2008 on the basis of the City centre of osteoporosis (Minsk, Belarus) the Belarusian Study of the Clinical Picture of Osteoporosis (BLESK) was performed.

The aim of the study was to define the prognostic importance of the questions ofthe One-Minute Osteoporosis Risk Test for an estimation of risk of osteoporosis.

152 women at the age 51,6 ± 6 years were tested. At the first step of the screening the questioning was performed by means of the new IOF One-Minute Osteoporosis Risk Test for an

estimation of risk of osteoporosis for women, consisting of 18 questions. Test was considered to be positive when there were 3 or more positive answers.
The second step of the study included carrying out the dual energy X-ray absorptiometry. According to the data of DXA among 152 examined women 88 individuals (58 %) had normal BMD, osteopenia was observed in 40 persons (26 %) and osteoporosis – in 24 (16 %).
For the evaluation of the prognostic importance of the questions ofthe screening test the obtained data were statistically analyzed. Reliability of distinction of average values of quantitative signs was estimated by means of t-criterion of Student, for an estimation of reliability of two alternative distributions criterion $\chi 2$ was used. There were also used methods of variation statistics for the definition of the average values of examined signs and indicators of variation.
As a result of statistical analyzes there was revealed the greatest prognostic importance of the questions № 2, 5, 6, 11, 12, 16 and 17.

Conclusion: the analysis of the IOF One-Minute Osteoporosis Risk Test for women revealed the greatest prognostic importance of the 2, 5, 6, 11, 12, 16 and 17 questions for the subsequent decision about the direction of patients to x-ray densitometry.