

NAZIV DISERTACIJE: Prisustvo riziko faktora za osteoporozu kod studentske populacije sarajevskog univerziteta i mogućnost prevencije

Autor: Amila Jaganjac

Mentor: Prof. dr Fatima Jusupović

Datum odbrane: 28.11.2015. godine

DOI: <https://doi.org/10.17532/DD.2015.01>



UVOD

Osteoporoza je sistemska skeletna bolest koju karakteriše smanjenje koštane mase i pogoršanje mikroarhitekture koštanog tkiva, što dovodi do povećanja fragilnosti kosti i za posljedicu ima porast rizika od frakture. Riziko faktori u nastanku osteoporoze su: nepromjenjivi, na njih se ne može uticati (starija životna dob, ženski spol, gracilne konstitucije, pozitivna porodična anamneza za frakture, upotreba određenih lijekova koji ubrzavaju razgradnju kosti) i promjenjivi (dugogodišnji niski unos Ca i D vitamina hranom, premala tjelesna težina - BMI < 19kg/m, tjelesna neaktivnost, pušenje cigareta, prekomjerno uživanje alkohola, nedostatak estrogena). Rana faza prevencije osteoporoze usmjerena na eliminaciju riziko faktora treba da započne u mladosti, budući da potpuno učinkovitog lijeka za ovu bolest nema.

HIPOTEZE

Radna hipoteza: Kod studentske populacije je evidentna učestalost rizika za nastanak osteoporoze, te nedovoljna informisanost i loše navike (stilovi života), sa određenim razlikama po pojedinim ispitivanim Fakultetima, što stvara šansu za pojavu osteoporoze u kasnijoj životnoj dobi, te time stvara osnovu za opravdanost realizacije preventivnih programa.

Nulta hipoteza: Kod studentske populacije nema rizika za nastanak osteoporoze, uzimajući u obzir dobru informisanost i dobre stilove života, te se neće očekivati ni dugoročne negativne posljedice pri čemu neće biti potrebno preduzimati preventivne aktivnosti.

CILJEVI ISTRAŽIVANJA

Utvrđiti prisustvo riziko faktora za osteoporozu kod studenata Sarajevskog Univerziteta, analizirati informiranost i navike studentske populacije o mogućnosti prevencije osteoporoze. Statistička procjena mogućeg dugoročnog negativnog djelovanja postojećih riziko faktora na nastanak osteoporoze.

MATERIJAL (ISPITANICI) I METODE ISTRAŽIVANJA

Istraživanje je provedeno na uzorku od po 80 studenata oba spola treće godine redovnog studija na sedam fakulteta Univerziteta u Sarajevu što ukupno čini uzorak veličine 560 ispitanika. Ovaj uzorak je podijeljen u dvije grupe: a) studenti koji pohađaju jedan od fakulteta na kojem se u okviru nastavnog plana i programa ne dobiju informacije o istraživačkoj temi (Filozofski, Ekonomski i Fakultet političkih nauka) i b) studenti koji pohađaju jedan od fakulteta na kojem se u okviru nastavnog plana i programa dobiju informacije o istraživačkoj temi (Fakultet zdravstvenih studija, Fakultet sporta i tjelesnog odgoja, Stomatološki i Farmaceutski fakultet). Koristio se presječni metod istraživanja. Instrumenti istraživanja su: anketni upitnik i antropometrijska mjerenja.

REZULTATI ISTRAŽIVANJA

Fizička aktivnost tj. neaktivnost povećava rizik za nastanak osteoporoze za 48% kod prve grupe. Konzumiranje mlijeka smanjuje rizik za osteoporozu za 1.57 puta kod druge grupe. Također i prijelomi kostiju, povećavaju šansu za pojavu osteoporoze za 76% kod prve grupe. Konzumiranje kafe povećava rizik za 23% kod ispitanika prve grupe, a kada je konzumiranje cigareta onda je rizik za 64% veći kod prve grupe. Alkohol daje manji rizik u odnosu na cigarete i iznosi 1.19 puta između ispitivane grupe, dok izloženost suncu, smanjuje rizik za 1,37 puta od dobijanja osteoporoze u odnosu na prvu grupu.

ZAKLJUČAK

Evidentno je prisustvo riziko faktora za osteoporozu u studentskoj populaciji ispitivanih fakulteta (sa većim učešćem u prvoj istraživačkoj grupi), te u odnosu na njih količnik šanse za obolijevanje od osteoporoze je 1,366 što opravdava provođenje preventivnih programa.

KLJUČNE RIJEČI: osteoporoza, prevencija, riziko faktori, studenti.

DISSERTATION TITLE: Presence of risk factors for osteoporosis in the student population of the University of Sarajevo and the possibility of prevention

Author: Amila Jaganjac

Mentor: Prof. dr Fatima Jusupović

Date of defence: 28. November 2015.

DOI: <https://doi.org/10.17532/DD.2015.01>



INTRODUCTION

Osteoporosis is a systemic skeletal disease characterized by the reduction of bone mass and deterioration of the microarchitecture of bone tissue, which leads to increment of bone fragility and results with an increased risk of fractures. Risk factors in the development of osteoporosis are: invariable, which can not be influenced on (older age, female gender, gracile constitution, positive family history for the fractures, usage of certain drugs that accelerate decomposition of bone) and variable: (long-term low intake of Ca and vitamin D with foodstuffs, too low body weight BMI <19 kg/m, physical inactivity, smoking cigarettes, excessive enjoyment in alcohol, lack of estrogen). Early stage of prevention of osteoporosis, focused on the elimination of risk factors, should begin in adolescence since there is no entirely effective medicament for this disease.

HYPOTHESIS

Working hypothesis: The risk of developing osteoporosis is evident in the student population, as well as insufficient awareness and bad habits (life styles), with some differences among faculties, which can result in developing osteoporosis in later life age, therefore preventive programs are justified.

Null hypothesis: The risk of developing osteoporosis in student population is absent, taking in consideration good awareness and healthy life styles, therefore negative consequences are less likely to appear in later life age and because of that preventive activities are not needed.

RESEARCH GOALS

To determine the presence of risk factors for osteoporosis among students of the Sarajevo University, to analyze informing and habits of the student population about the possibility of preventing osteoporosis. Statistical evaluation of potential long-term negative effect of existing risk factors on development of osteoporosis.

MATERIAL (RESPONDENTS) AND METHODS

The research will be conducted on a sample of around 80 students of both gender in the third year of full time study in seven faculties of the University of Sarajevo, which makes a total sample size of 560 respondents. This sample will be divided into two groups: a) students who attend one of the faculties at which within the curriculum informations about the research topic are not obtained (Faculty of Philosophy, Faculty of Economics and Faculty of Political Science) and b) students who attend one of the faculties at which within the curriculum information about the research topic are obtained (Faculty of Health Studies, Faculty of Sports and Physical Education, Faculty of Dental Medicine and Faculty of Pharmacy). It will be used a cross-sectional research method. Research instruments are: questionnaire and anthropometric measurement.

RESULTS OF RESEARCH

Physical inactivity increases the risk of developing osteoporosis by 48% in the first group. Milk consumption decreases the risk of developing osteoporosis by 1,57 times in the second sample group. Also bone fractures can increase the risk of developing osteoporosis by 76% in the first sample group. Coffee intake increases the risk of osteoporosis by 23% in the first sample group, as for cigarettes, the risk is higher by 64% in the first sample group. Alcohol is less influential when compared to cigarettes, the risk of developing osteoporosis from alcohol consumption is 1,19 times between the two groups. Sun exposure decreases the risk of developing osteoporosis by 1,37 times in the second sample group. The ratio of possibility of developing osteoporosis has shown that the first sample group has higher possibility score for developing osteoporosis which is 36% higher than that from the second sample group.

CONCLUSION

The presence of risk factors for developing osteoporosis is evident in student population among researched faculties (with greater participation in the first researched group), those the possibility ratio for developing osteoporosis is 1,366, therefore the preventive programs are justified.

KEY WORDS: osteoporosis, prevention, risk factors, student.