**OP 38: Is osteoporosis more common among adult Sri Lankans with inflammatory bowel disease (IBD)?**

*De Silva^AP1, Karunanayake AL2, Dissanayaka TGI1, Dassanayake AS3, Duminda HKKT, Pathmeswaran*

*A4,deSilvaHJ!*

*Departments of ! Medicine, 2 Anatomy, 3 Pharmacology and 4 Public Health, Faculty of Medicine,*

*University ofKelaniya*

**Background:** IBD is a recognized risk factor for osteoporosis among Caucasians. Although the incidence of IBD seems to be increasing in Asians, there are no data on osteoporosis in Asian patients. **Objective:** To determine whether osteoporosis is more common among adult Sri Lankans with IBD. **Design, setting and methods:** Consecutive patients with previously diagnosed IBD who were older than 30 years and age and sex matched controls from the general population (3 controls for I patient) were screened for osteoporosis using a previously validated peripheral DEXA scan. Patients who were pregnant, had other significant co-morbidities, were on caicium supplements or on treatment for osteoporosis within the past 6 months were excluded.

**Results:** There were 86 IBD patients (55 females, mean age 46.4 years) and 258 controls (165 females, mean age 47.3 years). Osteoporosis was significantly more common among IBD patients (14.7%) than controls (6.5%) (P=0.048). Increasing age (P=0.019), female gender (P=O.OOS), menopause (P=0.022) and use of systemic steroids (P= 0.008) were found to be significantly associated with osteoporosis among JBD patients, while severity of disease (PKK470), number of relapses (P=0.391), duration of illness (P=0.540) and treatments other than systemic steroids (P=0.434) were not. Osteoporosis did not differ significantly between patients with ulcerative colitis (14.28%) and Crohn's disease (15.79%) (P=0.891). **Conclusion:** Osteoporosis is more common among adult Sri Lankans with IBD than community controls. The use of systemic steroids is a disease related independent risk factor for development of osteoporosis in these patients.

**Prevalence of osteoporosis in a sample of Sri Lankan urban population**

*Karunanayake AL, Salgado LSS, Abeysuriya V, Fernando S, Herath HMRP, Kumarendran B, Premaratna BAHR, Mahawithanage STC; for the Ragama Health Study Group Faculty of Medicine, University ofKelaniya*

**Background:** Osteoporosis is characterized by low bone mineral density and deterioration in the micro

**architecture** of bone. It predisposes individuals to increased risk of fractures of the hip, spine and other

skeletal sites. Peripheral DEXA (P-DEXA) scans are ideal for mass screening of bone mineral density

(BMD).

**Objective:** To determine the prevalence of osteoporosis and osteopenia in a sample of urban Sri Lankans.

**Design, setting and methods:** A descriptive cross sectional study was conducted at the Faculty of

Medicine, University ofKelaniya from July 2007 to October 2007. The study subjects were selected from

22 Gramasevaka Niladhari Divisions of the Ragama MOH area. From each division, people aged 35 to 65

years were randomly selected from the voters list and invited to participate in the study. A P-DEXA scan

was used to measure the BMD of the left middle finger. A T score of <-2.5 was considered as osteoporosis,

-1 to -2.5 as osteopenia. These two categories together were considered low BMD. A T score of > -1 was

considered normal.

**Results:** There were 731 subjects with a mean age (SD) of 52.5 (7.5) comprising 60% females. The

prevalences of osteoporosis and osteopenia were 14% and 29% respectively. 20% of females and 6% of

males were affected with osteoporosis. The prevalence of osteoporosis was 7% among those <50 years and

20% among those >50 years.

**Conclusion:** There was a high prevalence of low BMD in this urban population. Prevalence of low BMD

was higher among females and those over fifty years.