



## **LIFE HABITS PROFILE OF PATIENTS DIAGNOSED WITH OSTEOPOROSIS IN A SERVICE OF RHEUMATOLOGY IN MANAUS-AMAZONAS.**

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### **BACKGROUND**

Osteoporosis is a disease characterized by a reduction in bone mass, with an increased risk of fractures, thus imposing limits on the quality of life. In addition to alcohol abuse, excessive cigarette smoking, sedentary lifestyle and low body mass index, the use of glucocorticoid, hypogonadism, and conditions or diseases that may alter bone metabolism and calcium absorption should be considered. Therefore, the recognition of risk factors associated with this disease may lead to the identification of potential patients.

### **MATERIALS AND METHODS**

A retrospective, observational, cross-sectional, and descriptive study was carried out on through the analysis of medical records of patients with osteoporosis in follow-up at the osteometabolic diseases clinic of the Rheumatology Service in Manaus/Amazonas. The data were taken from the osteoporosis diagnosis protocol, in which information on the physical exercise practices and dietary routines of the patients was analyzed: milk or milk products, sedentary activity, vegetable consumption, coffee and sun exposure.

### **RESULTS**

In total 321 patients, of these 328 were selected, because they presented complete data in the medical records. Of the 321 patients included in the research, 67% are sedentary and 33% non-sedentary, 76% consume cheese at least once a week, and 34% greater than or equal to three times a week. 76% of

patients reported yogurt intake less than or equal to three times/week and only 24% higher than three times/ week. The smoking loads was 0-10 years/pack in 82%, 10-20 years/pack in 7%, 20-30 years/pack in 5% and over 30 years/pack in 6% of patients. Coffee consumption: 83% consume less than 3 cups/day, and only 34% above 3 cups/day. Regarding sun exposure: 52% more than 15 minutes/day, and 48% without sun exposure. 83% reported regular consumption of vegetables and 17% did not consume.

## **CONCLUSION**

In this study, we observed that most of the patients are sedentary and with low sun exposure, considered aggravating factors of the disease. The main form of osteoporosis treatment is prevention; peak bone mass and the prevention of postmenopausal reabsorption are critical elements, being important intake of calcium and vitamin D and physical activity. We know the benefit of physical activity can prevent the loss of bone mass that occurs with inactivity, and may reduce the risk of fractures. Obtaining a thorough history with access to family history, history of previous fracture, medications used, lifestyle, chronic diseases and history of falls are strongly recommended.