

Research shows that bone strength may be genetic

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The study is published in the Journal of Bone Research, which shows that bone strength can be inherited through genetic factors along with mineral density in bone.

Scientists analyzed data from Study of Osteoporotic Fractures (studies of fracture fractures), assessed bone density and risk factors for fractures in 7,959 women over 67 years old since 1988 until 1990 with the follow-up of hip fractures for 25 years and any patient with non-vertebral fractures, lasting for 20 years.



Previous studies only monitored patients after 5-10 years of fracture.

In this study, the researchers examined the density of femur, fracture history and age, as well as the rate of fracture within 20-25 years.

Dr. Douglas Kiel, lead author of the study, said: *"With high-resolution three-dimensional images, we can estimate bone strength through the use of a technique called micro-element analysis. Finite studies in the bones Genetic studies in the future bone can use this method to learn about genes important for bone health"*.

The study found that the cumulative risk of hip fracture for 25 years or more was 17.9% and the fracture rate for 20 years was 46.2%.

The highest rate of hip fracture after 25 years in people aged 80 and older is 22.6 percent compared to women under 70 years of age with only 13.9 percent.

The researchers found that a measurement of mineral density in the femoral neck is a strong predictor of the risk of hip fractures for up to 25 years.

The history of bone fractures is also a strong predictor of future fractures for up to 25 years. The risk of long-term hip fracture is very high in the highest age group.

Based on the results, the researchers are calling for use of bone fracture monitoring documents and a bone mineral density test to predict the risk of future fractures throughout a long time.

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