

The relationship between depression and bone mineral density in elderly

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Thesis ; M.D. 2004

This study was done to compare bone mineral density in depressed and non depressed elderly, find out the relationship between depression and bone mineral density and to see if depression is considered as a risk factor for low bone mineral density and osteoporosis in elderly persons. Two groups of elderly persons were assigned to this study case (depressed) group and control group. Each group included 60 participants (35 females and 25 males). Both groups were matched as regards age and sex. A GDS 30 item was used for diagnosis of depression and DEXA was used for measuring BMD.

There was no difference in BMD between cases and controls except for BMD of the distal radius in males, which was lower in cases than in controls.

Osteoporosis of the distal radius was more frequent among depressed patients than in controls.

No significant correlation was found between GDS score and BMD.

No association was found between depression and low BMD except for BMD of distal radius in males. Depression is considered a risk factor for osteoporosis in the distal radius.