



Hypertension and Osteoporosis

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Abstract:

Hypertension and Osteoporosis are two of the most common medical challenges of the modern era. With increasing trend of unhealthy lifestyle changes, the prevalence of both conditions has increased significantly. A potentially serious consequence of osteoporosis is osteoporotic bone fracture leading to a significant rise in morbidity and mortality.

Several studies have shown that HTN is associated with decreased bone density. Cappuccio F P and his colleague conducted a prospective study of 3676 women, and they found that high blood pressure in elderly white women is associated with increased bone loss at the femoral neck. Increased HTN associated with increased Calcium loss leading to increased risk of fractures. Similarly, Yang S and his colleagues published a longitudinal study in 2014 with 1,032 men and 1,701 women aged 50 years and older who had participated in the Dubbo Osteoporosis Epidemiology Study. Their results found that women with hypertension had lower BMD at the femoral neck than those without hypertension. After adjusting for confounding factors, hypertension was an independent risk factor for fragility fracture.

The adverse effect of hypertension on bones should not be underestimated and consideration must be given while prescribing Anti-hypertensive medications as most of them affect bone metabolism.

Biography:

Mr Hassan Shafiq is an Orthopaedic Surgery trainee at Royal



London Hospital, UK. He holds MBBS degree and MSc in Trauma Sciences from Queen Mary University London. He is also a member of Royal College of Surgeons and is pursuing a career in Orthopaedic Surgery.

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