

Risk Factors for Osteoporosis Among Middle-Aged Women

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Objective: To investigate the risk factors for osteoporosis among a sample of middle-aged women. **Methods:** Adipose tissue and bone mineral density levels at the left femur, lumbar spine, and total body were assessed using dual-energy x-ray absorptiometry (DXA). Subjects (n=342) were surveyed regarding a variety of osteoporosis-related risk factors. Forward stepwise multiple regression procedures were utilized. **Results:** Menstrual sta-

tus, hormone replacement therapy, adipose tissue, and dairy product intake were retained in the regression models. **Conclusions:** Osteoporosis prevention programs need to emphasize the importance of hormonal status and body composition in addition to obtaining adequate calcium intake.

Key words: bone mineral density, risk factors, dual-energy x-ray absorptiometry, osteoporosis,

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