Republic of Uzbekistan

Overview

Osteoporosis is an urgent health problem for the Republic of Uzbekistan, and it requires much more attention from the government health authorities and research institutes. Further research is needed to determine the incidence of the disease and its consequences. It is essential to study the level of medical care for patients with osteoporotic fractures, including patients with hip fractures. Medical care for patients with osteoporosis, including diagnosis and treatment of the disease, requires the support of the state.

Key findings

The present population in Uzbekistan is estimated at 28 million, 15% (4.1 million) of the population is aged 50 years and over and 4% (980,000) is 70 years or over. By 2050, it is estimated that 40% (14 million) of the population will be 50 years and over and 12% (4.2 million) will be 70 years and over while the total population will increase to 35 million1 (fig. 1).

Studies dedicated to the epidemiology of osteoporosis and osteoporotic fractures have not been carried out in Uzbekistan. However, according to the Research Institute of Traumatology and Orthopedics of the Ministry of Public Health there are at least 30,000 people with osteoporosis and 150,000 with osteopenia in Uzbekistan. The number of patients with osteoporosis and osteopenia is predicted to increase up to 250,000 by 2020.
Hip fractures
According to the same institute the average cost of hip fracture treatment at hospital is 800,000 UZS (ca. 500 USD).

Vertebral fractures
No available information

Diagnosis
In Uzbekistan there are 3 DXA scanners; all of them are in the capital city Tashkent. Additionally there are 3 quantitative ultrasound scanners. The cost of one DXA examination is 4.5 USD. Densitometry is not paid by the government and only done for a fee.

Treatment
All pharmaceutical agents are over-the-counter, but the patient pays for them personally.

Calcium and vitamin D
There are no official calcium and vitamin D intake recommendations.

Prevention, education, government policy
Osteoporosis is not considered as one of the most significant health problems at the state level. There are no national clinical recommendations on osteoporosis. In Uzbekistan there are no public organizations interested in the problem of osteoporosis. Currently, the greatest interest is shown by the Republican Scientific and Practical Centre of Endocrinology and Research Institute of Traumatology and Orthopaedics of the Republic of Uzbekistan.

References
1. Source: U.S. Census Bureau, International Data Base.