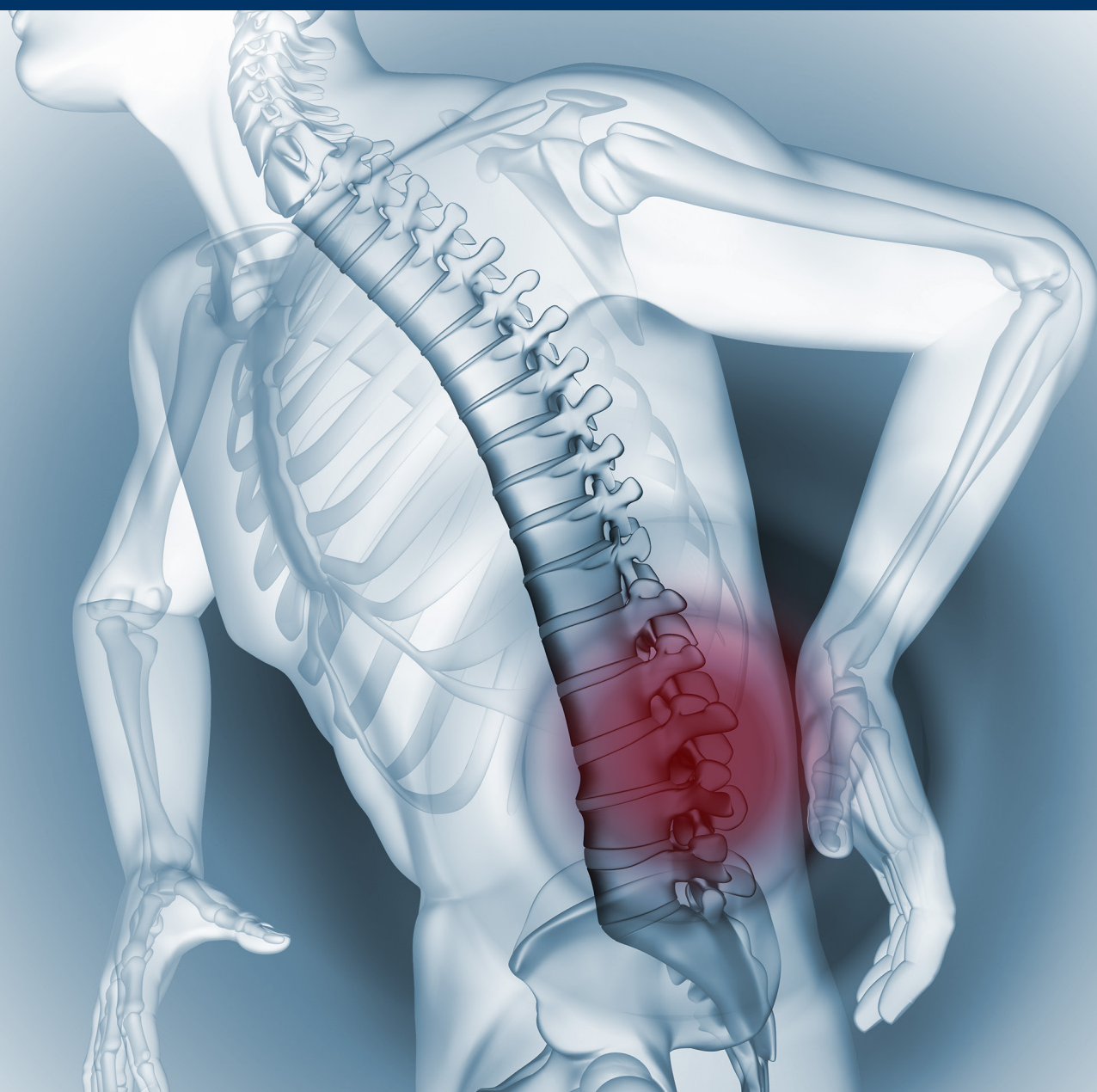




椎骨骨折

因骨质疏松症而起





骨质疏松引起的椎骨骨折

骨质疏松症是一种引起骨骼变得脆弱的疾病 - 从而导致骨折（称为脆性骨折）。骨质疏松引起的椎骨（脊柱）骨折是疼痛和残疾的主要原因，也是预测续发性骨折非常有力的预测因子。然而，骨质疏松症却是时常受到忽略与常常不被发现的疾病，导致其发生的根本原因却未得到适当的治疗 - 使患者无法受到保护，继续发生一系列更严重的骨折。

最常见的骨质疏松症类型的骨折



50岁以上的白种人中，大约50%的女性和20%的男性在其晚年生活中会发生脆性骨折⁶



椎体骨折是最常见的与骨质疏松症相关的骨折¹⁻⁴



全世界每22秒就会新发生一起椎骨骨折⁵



50岁以上男女的椎骨骨折发病率随年龄增长而增加，同一国家的女性高于男性⁷

诊断不足和治疗不足

➤ 高达70%的椎体骨折仍未确诊^{9,10}

➤ 由于各种原因发生的椎体骨折的诊断不足 - 患者和医生经常将背痛归咎于其他原因，或者医生没有意识到具有骨质疏松症风险因素和背部疼痛患者需要进行脊柱影像检查¹⁰

➤ 即使在X射线上可见骨折，放射科医师也可能无法发现或清楚地报告椎骨骨折：据报道，在X射线检查中未被识别的椎骨骨折的比例非常高：

46% 拉丁美洲

45% 北美

29% 欧洲、南非和澳大利亚

对患者造成的影响严重，改变生活



椎体骨折相关死亡率增加8倍。^{11,12,13}



对健康和生活质量产生严重影响，影响日常活动和独立生活的能力。¹⁴



后果包括：脊柱畸形和身高下降；严重背痛甚至残疾；僵化；失去独立生活能力；抑郁；卧床天数增加；呼吸困难；反流和其他胃肠道症状和尿失禁。^{15,16}

因此

造成的心理和社会影响是深刻的，经常导致抑郁、失去自尊、害怕跌倒和社会孤立。^{17,18,19}

巨大且不断增长的经济成本

椎体骨折相关死亡率增加8倍

预计未来几十年骨质疏松性骨折的成本将显著上升²⁴

欧洲

2005
719 亿欧元^{20,21}

美国

2005
10亿美元^{20,21}

美国

2020
220亿美元²⁴

美国

2025
250亿美元²⁴

- 只有三分之一的椎骨骨折得到临床的关注，而且病人的住院天数和其他常见病例不相上下²²
- 英国的一项研究发现，在骨折后的一年内，每个椎骨骨折病例都会增加14次就诊全科医生的次数²³

未来骨折的重要预测因素 提早识别和及时治疗骨质疏松症乃至至关重要！

- 现有椎体骨折不仅增加了新发椎骨骨折的风险，而且还增加了任何骨折的风险 - 包括髌部骨折^{3,8,13,25}

20%的女性

患上新性椎体骨折后将在一年内出现新的骨折。风险随着椎骨骨折的数量和严重程度而增加^{25,26}

- 骨质疏松症的药物疗法可将6-12个月内骨折的风险降低50-80%²⁷
- 识别那些患上脊椎骨折而骨质密度检测则是骨质减少的乃非常重要。这一群组可能不会被考虑进行药物治疗²⁸

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