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#### **Are there differences between the men and women attending the health center regarding their knowledge of osteoporosis?**

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**Background & Aim:** To assess whether there are differences between the men and women from rural backgrounds, as far as knowledge on osteoporosis is concerned.

**Method:** Descriptive, transversal study using questionnaires completed by patients attending the rural medical centre in Lamasón, between June and September 2015. Social and demographic variables related to calcium, vitamin D, and how these are obtained, were collected. Averages and standard deviation was used for quantitative variables, and percentages for qualitative values.

**Results:** 50 subjects were interviewed, with an average age of  $62.16 \pm 17.8$  years, and mainly female (56%). Significant differences were found with regards to the knowledge about this bone ailment (women 64.3% vs men 18.2%) on identifying vertebral fractures as being the most frequent (37.5% vs 0%), on identifying menopause (46.4% vs 4.5%), older age (89.3% vs 54.5%), and a high consumption of coffee (35.7% vs 4.5%) as risk factors; on considering that it is more important to increase bone mass than to reduce fractures (13.6% vs 47.1%), physiological osteoporosis in menopause (87.5% vs 30%), in believing that bone mass peak can always be treated (86.4% vs 50%), and in knowing about bone density tests (17.9% vs 0%). No differences were found regarding the identification of smoking, alcohol consumption, lack of physical activity, older age, a family history of fractures or a previous fracture themselves, or a low consumption of calcium as risk factors. Neither were there differences in thinking that it only affects women or that bone density tests should always be carried out on menopausal women.

**Conclusions:** There are important errors in the knowledge both genders have of osteoporosis, both as far as general concepts and the risk factors are concerned, although this is more obvious. A preventative measure would be to provide people in rural areas with information on osteoporosis.