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Pemberitahuan Terbitan Journal of Dedicators Community Vol 5 No 2 (Juli-Desember) 2021

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SUBMISSION

Authors	Nyoman Suci Widyastiti, Edward Kurnia Setiawan Limijadi, Meita Hendrianingtyas, Ariosta Ariosta, Dwi Retnoningrum, Dwi Ngestiningsih, Yetty Movieta Nancy
Title	Pemeriksaan Bone Mineral Density dan Pelatihan Senam Osteoporosis Sebagai Upaya Peningkatan Kewaspadaan Osteoporosis pada Penderita Talasemia Mayor
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TITLE AND ABSTRACT

Title Pemeriksaan Bone Mineral Density dan Pelatihan Senam Osteoporosis Sebagai Upaya Peningkatan Kewaspadaan Osteoporosis pada Penderita Talasemia Mayor

Abstract *Thalassemia major patients with routine transfusions are at risk of experiencing iron overload and bone turn over disorders which will increase the risk of osteoporosis. Community training activities with BMD examinations and osteoporosis exercise training in thalassemia major patients are expected to identify the prevalence of bone fragility in thalassemia major patients, increase the awareness of thalassemia major patients and their families to the risk of osteoporosis in thalassemia major patients and osteoporosis exercise training as an effort to prevent osteoporosis. The results of BMD on the spine showed 57.1% osteoporosis, 28.6% normal and 14.3% osteopenia. The results of BMD examination on the cervical spine showed 71.4% osteopenia, 21.4% normal and 7.2% osteoporosis. The results of BMD examination on the femur found 50% normal, 42.8% osteopenia and 7.2% osteoporosis. The bone location with the highest percentage of osteoporosis was the spine (57%), and the bone location with the highest percentage of osteopenia was the neck bone (71.4%). The high percentage of osteopenia locations in the cervical spine of thalassemia major patients with repeated transfusions should be become a concern. Based on these findings, we held education and counselling on the risk of osteoporosis in thalassemia patients with repeated transfusions, osteoporosis exercise training and distribution of osteoporosis exercise compact disk (CD) for at home osteoporosis exercise training.*

INDEXING

Keywords Major thalassemia; bone mineral density; osteoporosis
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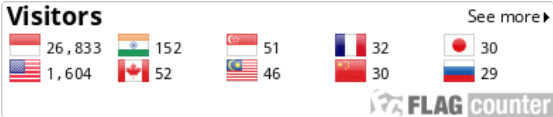


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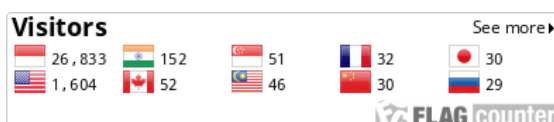
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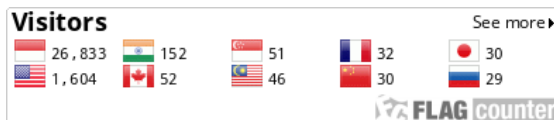
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PEMERIKSAAN BONE MINERAL DENSITY DAN PELATIHAN SENAM OSTEOPOROSIS SEBAGAI UPAYA PENINGKATAN KEWASPADAAN OSTEOPOROSIS PADA PENDERITA TALASEMIA MAYOR

Nyoman Suci Widyastiti, Edward Kurnia Setiawan Limijadi, Meita Hendrianingtyas, Ariosta Ariosta, Dwi Retnoningrum, Dwi Ngestiningsih, Yetty Movieta Nency

ABSTRACT

Thalassemia major patients with routine transfusions are at risk of experiencing iron overload and bone turn over disorders which will increase the risk of osteoporosis. Community training activities with BMD examinations and osteoporosis exercise training in thalassemia major patients are expected to identify the prevalence of bone fragility in thalassemia major patients, increase the awareness of thalassemia major patients and their families to the risk of osteoporosis in thalassemia major patients and osteoporosis exercise training as an effort to prevent osteoporosis. The results of BMD on the spine showed 57.1% osteoporosis, 28.6% normal and 14.3% osteopenia. The results of BMD examination on the cervical spine showed 71.4% osteopenia, 21.4% normal and 7.2% osteoporosis. The results of BMD examination on the femur found 50% normal, 42.8% osteopenia and 7.2% osteoporosis. The bone location with the highest percentage of osteoporosis was the spine (57%), and the bone location with the highest percentage of osteopenia was the neck bone (71.4%). The high percentage of osteopenia locations in the cervical spine of thalassemia major patients with repeated transfusions should be become a concern. Based on these findings, we held education and counselling on the risk of osteoporosis in thalassemia patients with repeated transfusions, osteoporosis exercise training and distribution of osteoporosis exercise compact disk (CD) for at home osteoporosis exercise training.

KEYWORDS

Major thalassemia; bone mineral density; osteoporosis

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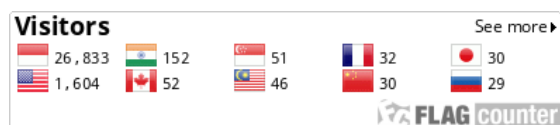
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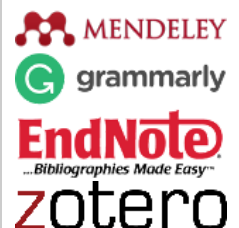
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