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BIOGRAPHY

Christos Kosmidis is an orthopedic surgeon at Private office from 1987 to 2017. He is the Director of Orthopedics in primary health care center "Alexandras" 1st Health Division of Attica, Greece in general orthopedic and osteoporosis cases. He is a Primary health care physician at Department of Orthopedics and Osteoporosis in health care center "Alexandras" since 1993. He has almost 19 years of teaching experience as a Professor of Anatomy and Orthopedics for the Technological School of Paramedics (Nurses, physiotherapists etc.). He is the member of Hellenic Association of Orthopedic Surgery and Traumatology since 1986; Member of Hellenic Society for the Study of Bone Metabolism since 1997; Member of the Board as Secretary General from 2009 to 2012; Vice President from 2013 to 2014 and President of the Board of the Society from 2015-2016; Member of Hellenic Osteoporosis Foundation since 1997; Member of the Board as Secretary General from 2003 to 2009; International Society of Musculoskeletal and Neuronal Interactions since 1999. He completed his residency in Orthopedics from Athens University Orthopedic Clinic (KAT Accident Hospital of Athens) from 1983 to 1986. He completed his Residency in general surgery: Nautical Military Hospital of Salamis Naval Station from 1981 to 1982; Doctor of Medicine from University of Athens 1974 to 1980. He did his PhD in Fractures of atlas (C1)", Athens University, 1989. He attended more than 240 conferences since 1983, in Greece as a speaker and abroad, being in the Organizing Committee of ECTS 2011 in Athens. He is regular attendee of WCO-IOF-ESCEO, ECTS and ASBMR for the last 15 years, sometimes with an abstract or poster.

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"VERTEBRAL FRACTURE PREVALENCE AMONG PEOPLE TREATED FOR OSTEOPOROSIS IN GREECE: VERTEBRAL INTEGRITY ASSESSMENT STUDY-VERTINAS STUDY

Objectives: To assess vertebral fracture (T4 – L5) prevalence among people treated for osteoporosis in Greece and to evaluate the degree of accordance in diagnosis of fractures between radiologists and orthopedics

Methods: Patients receiving medication for osteoporosis were recruited via announcement by the Greek national media. Inclusion criteria: Age > 50 (both sexes); Postmenopausal status for females >2 years; Current >1 year use of medication for osteoporosis and lack of radiological vertebral assessment for >1 year; Exclusion criteria: Bone metabolic disease other than osteoporosis; secondary osteoporosis; inability to stand/walk; previous high energy vertebral fractures

Design: All patients completed short-form questionnaire indicating: Age, sex, current pharmaceutical treatment for osteoporosis, history of previous vertebral fractures and consensus in performing lateral spine (T4–L5) x-rays. Radiographs were evaluated for fractures by radiologists as usual and then by three orthopedic consultants according to the "Genant semi-quantitative method", blinded for the patient data.

Results: 1652 patients were recruited with properly filled questionnaires (age 50 – 102, mean 70,4); 1516 women (91, 8%, age 50 – 102, mean 70); 136 men (8, 2%, age 52 – 94, mean 74, 8)

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Current treatment: SERMS 1%, BPs 85, 7%, Denosumab 11, 6%, Strontium Ranelate 0, 2%, Teriparatide 1, 6%. Vitamin D: 40, 6%, Alphacalcidol: 8, 1%, Calcium supplements: 38, 6%.

History of vertebral fracture: 11, 1%; fractures were diagnosed in 25, 4% of the patients (the prevalence of vertebral fractures among people treated for osteoporosis in Greece. Among 419 patients actually found with fracture(s), only 98 (23, 4%) knew about the existence of the fracture(s). On the contrary, among the rest 1233 patients actually found without fracture(s), 86 (7, 0%) had declared knowledge about the existence of fracture(s) in their history. For 1289 patients (78%) out of the total 1652, orthopedics could read the opinion of the radiologist about the existence of fracture(s). In accordance with the diagnosis about the existence of fracture(s) between radiologist and orthopedic was achieved in 1088 patients (84, 4%).

Conclusions: Vertebral fracture prevalence among people treated for osteoporosis in Greece is 25, 4%; 76, 6% of people treated for osteoporosis in Greece, think they don't have fracture(s), although they do. According to the existence of vertebral fractures between radiologists and orthopedics in Greece is not very high (84, 4%).



Note: