

论著

成年女性FSH水平与骨密度和骨质疏松患病率的关系

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摘要

目的: 调查中国女性年龄相关的血清促卵泡刺激素 (follicle-stimulating hormone, FSH) 浓度及其与骨密度 (bone mineral density, BMD) 和骨质疏松症 (osteoporosis, OP) 患病率之间的关系。

方法: 测定699位20~82岁健康的中国女性血清FSH浓度, 用DXA (dual-energy-X-ray absorptiometry) 仪测定腰椎、总髋部、前臂超远端BMD, 评价血清FSH与年龄、BMD和患OP风险的关系。结果: FSH约从40岁起随增龄而增加, 到60岁又随增龄而下降。FSH与不同部位骨骼的BMD均呈负相关。在腰椎正位、侧位、总髋部、前臂超远端, FSH第1~4分位数的OP平均患病率分别为0.57%, 0.43%, 27.1%, 30.9%。与第1, 2分位数比较, 第3, 4分位数的妇女OP患病率和患病风险显著增加; 在腰椎, 与第3分位数比较, 处于第4分位数的妇女OP患病率和患病风险也显著增加。结论: 血清FSH水平可能与骨量的丢失及OP的发生有关。

关键词 [促卵泡刺激素](#) [骨质疏松症](#) [女性](#) [骨密度](#)

分类号

Relationship of serum FSH with bone mineral density, and prevalence of osteoporosis in Chinese women

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Abstract

Objective To investigate the relationship between serum follicle-stimulating hormone (FSH) level with bone mineral density (BMD), and the risk rate of osteoporosis in Chinese women. Methods Serum FSH concentrations of 699 healthy Chinese women aged 20~82 years were measured by radioimmunoassay (RIA). BMD was measured by dual-energy-X-ray absorptiometry (DXA) at the postero-anterior spine, lateral spine, total hip, and ultra-distal forearm. Results The level of serum FSH started to increase from 40 years old, and then decreased after 60. Serum FSH level was negatively related to BMD at various sites. At the postero-anterior spine, lateral spine, total hip, and ultra-distal forearm, 4 quartiles of average prevalence of osteoporosis (OP) divided by FSH were 0.57%, 0.43%, 27.1%, and 30.9%, respectively. Compared with the 1st and the 2nd quartile, OP case rate and ill risk in the women of the 3rd and the 4th quartile increased notably, especially in the spine. Conclusion The level of serum FSH may be related to bone loss and the occurrence of osteoporosis in Chinese women.

Key words [follicle-stimulating hormone](#) [osteoporosis](#) [women](#) [bone mineral density](#)

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