

Density and bone mineral content and their relation to anthropometric parameters in a normal Chilean population. A study with women Densidad y contenido mineral óseo y su relación con parámetros antropométricos en población normal chilena. Estudio en muje

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We studied 227 normal women from 20 to 89 years of age. Bone density and mineral content was measured in vertebral bodies L2 to L4, both femurs and whole body, using a double beam photon densitometer with a ^{153}Gd source. Body height remained between 156 and 158 cm up to age 64, then decreased gradually to 152 cm. Weight increased from age 35 to 69 (mean 9 kg) and then decreased. Mean bone density of the lumbar spine was 1.07 g/cm^3 up to age 50. A marked decrease in density was observed for 10 years after that age, gradually slowing in later years. Mean density of the femoral neck was 0.931 g/cm^3 up to age 50. A steady decline is observed in later ages down to 0.763 . The density ratio of spine to femoral neck remains under 1.2 up to age 60, then increases progressively. Total mineral content, absolute or relative to body weight, was a less sensitive index. Total content decreased from above 2000 gm to about 1550 gm after age 70. The greater proportion of mineral contents is found in the