

KUWAIT

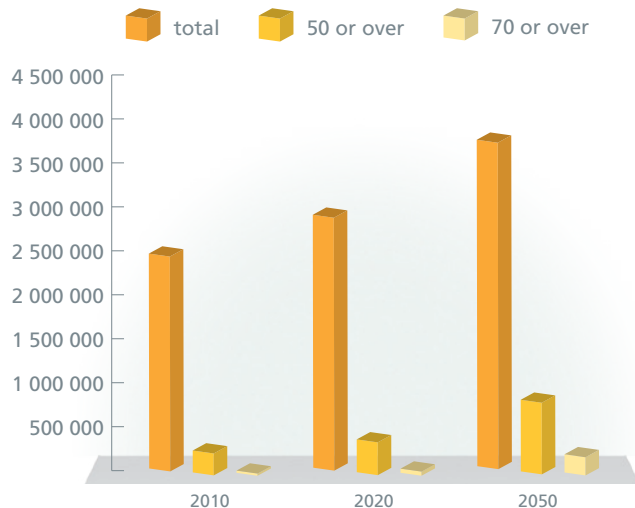
OVERVIEW

The Kuwaiti Osteoporosis Prevention Society was founded in 1996. It is a longstanding member of IOF and Pan Arab Osteoporosis Society (PAOS). The society carries out educational work with practitioners, hospital doctors and nurses, and holds regular meetings and conferences.

KEY FINDINGS

The present population in Kuwait is estimated to be 2.5 million, of this 10% (260 000) is aged 50 or over and 1% (26 000) is 70 or over. By 2050, it is estimated that 22% (850 000) of the population will be 50 or over and 5.6% (215 000) will be 70 or over, while the total population will increase to around 4 million (fig 1).

FIGURE 1 Population projection for Kuwait until 2050



REF US Census Bureau

EPIDEMIOLOGY

No available information.

Hip fracture

The incidence of hip fracture in the Kuwaiti population is higher than that reported from other countries in Asia

and is comparable to the incidence in some Western European and North American populations.

TABLE 1 Age standardized rates (per 100 000 persons per year) of hip fracture in females and males aged ≥ 50 years in Kuwait (1992-1995)¹

	FEMALE	MALE
non-Kuwaitis	374	215
Kuwaitis	295	200

Rates of hip fracture in Kuwaiti females (295 per 100 000 persons per year; 95% CI: 238.8-350.8) were similar to those observed in some of the European countries (Italy, UK, France) and in Asian females in the US. When compared with the rates from other Asian countries, Kuwaiti females had one of the highest rates of hip fracture. Rates of hip fracture among females in China, Singapore, and Korea were about one-third of the rates in Kuwaiti females or lower.

Rates of hip fracture in Kuwaiti males (200 per 100,000 persons per year; 95% CI: 163.3-236.5) were almost equal to those reported for white males in the US. Kuwaiti males had higher rates of hip fracture compared with the rates reported for males in some of the European countries (Italy, UK, France, Netherlands) and for Asian males in the US. Compared with the rates reported for males in other Asian countries, Kuwaiti males had the highest incidence rate of hip fracture. Rates of hip fracture among males in Korea, Singapore, China, Malaysia, and Japan were about half the rates in Kuwaiti males or lower.

Vertebral fracture, other fragility fractures

No available information.

DIAGNOSIS

No available information.

REIMBURSEMENT POLICY

No available information.

CALCIUM AND VITAMIN D

Milk consumption per capita (1998): 177 kg/year (source: FAO) (For comparison: Finland 370 kg/year, Dem. Rep. Congo 0.6 kg/year).

Results of a study conducted in 2005 among 214 full-term pregnant Kuwaiti mothers and their neonates demonstrates that 40% of the mothers and 60% of the neonates are vitamin D deficient on the day of delivery. The vitamin D of the mothers and neonates are highly correlated ($r = 0.790$, $P < 0.001$)².

PREVENTION, EDUCATION, LEVEL OF AWARENESS

Attention needs be directed to increase awareness of osteoporosis in Kuwait, especially regarding warning signs, preventive measures, and screening tests.

Women should be aware that osteoporosis is definitely preventable, and if diagnosed early, could be treated to decrease bone loss³.

REFERENCES

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