

P170

Parkinson disease and osteoporotic fractures: an observational retrospective study

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Introduction: In the guideline “Diagnosis, risk stratification and continuity of care”, the Italian National Institute of Health highlighted that Parkinson Disease (PD) patients are at high risk for osteoporotic fractures.

Objective: The aim of this observational retrospective study was to analyze osteoporotic fractures in PD patients underwent to physiatrist visit in “Villa Igea” Rehab Unit in Trento in 2022.

Methods: We included PD patients underwent to physiatrist visit in “Villa Igea” Rehab Unit in Trento in 2022. Datas collected were: sex, age, year of diagnosis, Hoehn e Yahr stage, levodopa treatment, history of falls, walking aid, history of osteoporotic fractures (year, number, site) and osteoporotic treatment.

Results: The patients included were 144: 74 females and 70 males; mean age 73 years. Median PD duration was 7 years, range few months -30 years. In 78% of the patients Hoehn-Yahr stage ranged from 2.5 and 4. Falls were reported in 49% of patients. Walking aid was used by 37% of patients. At least one osteoporotic fracture was occurred in 27 patients (19%), 22 women and 5 men. Femoral fracture was recorded in 11 patients: in 4 patients was occurred before 2020 (of whom 50% in osteoporotic treatment), in 7 patients after 2020 (of whom 28% in osteoporotic treatment). Vertebral fracture was recorded in 13 patients: in 5 patients was occurred before 2020 (of whom 80% in osteoporotic treatment), in 8 patients after 2020 (of whom 25% in osteoporotic treatment). Wrist fracture was occurred in 6 patients, no one in osteoporotic treatment, regardless the date.

Conclusions: PD increases risk osteoporotic fracture and it doubles mortality fracture, but only few patients receive osteoporotic treatment. Maybe during Covid pandemic was harder undertake the right diagnostic-therapeutic process. After Covid pandemic Neurologists and Phisyatrists should ask PD patients about osteoporotic fracture and osteoporotic treatment.