

PPI use ups risk of osteoporosis, osteopenia in femur

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(HealthDay)—Proton pump inhibitor (PPI) use is associated with

increased risk of developing osteoporosis and osteopenia in femur bones, according to a study published online May 31 in the *International Journal of Rheumatic Diseases*.

Abbas Arj, M.D., from the Kashan University of Medical Sciences in Iran, and colleagues examined the correlation between PPI use and [bone mineral density](#) (BMD) in a cross-sectional study involving 80 patients (40 PPI users and 40 PPI non-users) without history of hip fracture. Dual-energy X-ray absorptiometry was performed to quantify [femur](#) and posterior-anterior spine BMD in all participants.

The researchers observed significant differences in the mean femoral T-scores for the PPI-user and non-user groups (-0.44 ± 1.11 and 0.19 ± 0.95 , respectively; $P = 0.007$). The exposed group also had significantly greater frequency of femoral osteoporosis and osteopenia than the control group ($P = 0.04$). No significant between-group difference was noted in mean femoral Z-scores, lumbar spine T-score, or lumbar spine Z-score. In linear regression analysis, no correlation was seen for PPI users and non-users with lumbar spine T-score.

"Overall, the results of this study showed that PPI use in subjects without risk factors of osteoporosis determined by the femoral T-score compared with the control group was associated with increased risk of developing [osteoporosis](#) and osteopenia in the femur bones," the authors write.

More information: [Abstract](#)
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