



Assessment of Patients’ Knowledge About Osteoporosis: Myths, Symptoms, and Complications

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INTRODUCTION

Osteoporosis is a silent disease that poses a major public health challenge due to its often invisible progression until complications arise. Early detection and improved understanding of its manifestations and associated risks are essential for effective management. **Objective:** To assess patients’ knowledge regarding osteoporosis, including its symptoms, complications, and methods of diagnosis.

METHODS

A cross-sectional study was conducted among 80 patients diagnosed with osteoporosis, using a structured questionnaire consisting of six questions. Data were analyzed using SPSS software to generate descriptive statistics and identify relevant findings.

RESULTS

The study included **80** patients diagnosed with osteoporosis, 70% of whom were women and **30%** men, with a mean age of **48.5 ± 10.2** years. The majority of participants (**65%**) resided in rural areas, and **50%** were illiterate.

Knowledge of Diagnosis:

**85% of patients were familiar with the term "osteoporosis," but only 40% understood it as a decrease in bone mineral density (BMD).**

Knowledge of Symptoms:

**72% associated osteoporosis with bone pain.**  
**35% mistakenly linked it to joint pain.**  
**50% recognized low-energy fractures as a consequence.**

Knowledge of Complications:

**80% identified fractures as the major complication.**  
**50% acknowledged that osteoporosis could lead to functional disability**  
**However, misconceptions persisted:**  
**30% believed osteoporosis only affects elderly women**  
**40% thought men are not at risk.**

Knowledge of Diagnostic Methods:

**45% were aware of bone densitometry as a diagnostic tool**  
**25% knew that X-rays could detect fractures related to osteoporosis.**

**Sources of Information:**  
**40% relied on relatives with the condition.**  
**30% cited the media as their primary source.**  
**Only 10% referred to scientific articles.**

CONCLUSION

This study reveals a limited understanding of osteoporosis among patients, particularly those from rural and illiterate backgrounds. These findings highlight the importance of strengthening therapeutic education to correct misconceptions and improve both the prevention and management of this condition.