

CANADIAN MULTICENTRE OSTEOPOROSIS STUDY (CaMos)

The size, ethnic and geographical distribution of the population at risk, and the risk factors associated with osteoporosis are examined during the course of the CaMos. More precisely, the Study assesses the prevalence of osteoporosis and probability of developing fractures in approximately 9000 subjects comprised of men and women aged 25 years and older. Subjects were randomly selected by telephone and resided within a 50 km radius of one of nine designated clinical centers from different provinces.

Listing of study variables & measurement of variables

- Socio-demographic
- medical history
- fracture history
- reproductive history
- family history
- medication use
- diet including beverages and supplements
- alcohol and tobacco use (including passive exposure)
- sunlight exposure
- physical activity- leisure and occupational

Health Status (SF-36):

- physical functioning - 10 items and to measure problems with work or ADL
- emotional role to measure problems at work or with the activities of daily living
- bodily pain
- vitality
- social functioning-effects of physical and emotional health on
- mental health- nervousness, happiness, depression
- personal health and expectations of changes in health
- general health- personal evaluation and expectations of change

Clinical:

- Bone Mineral Density (DXA) of lumbar vertebrae (L1-4) and proximal femur
- ultrasound of the heel
- X-Ray of the lateral thoracic and lumbar spine (for subjects aged 50+)
- Serum
- DNA

Physical:

- Height
- weight

Health Care Utilization Costs:

- hospital care
- follow-up care
- rehabilitation
- physiotherapy
- drugs
- indirect measure using the Health Utilities Index