Table 1. Clinical characteristics of the subjects studied

	Total sample (n=84) (SD)	Normal bone density (n=22) (SD)	Osteopenia (n=38) (SD)	Osteoporosis (n=24) (SD)	P & statistical tests
Age (years) (SD)	58.9 (7.9)	57.5 (7.6)	58.5 (7.6)	60.8 (8.4)	*ns*
Age groups (years)					
35-40	1 – 1.2%	-	1 – 2.6%	-	Not applicable
41-54	21 – 25%	6 – 27.3	10 – 26.3%	5 – 20.8%	
55-64	45 – 53.6%	13 – 59.1%	20 – 52.6%	12 – 50%	
65+	17 – 20.2%	3 – 13.6%	7 – 18.4%	7 – 29.2%	
Height (cm)	1.56 ± 0.06	1.58 ± 0.04	1.55 ± 0.05	1.55 ± 0.07	*ns*
Weight (kg)	68.2 ± 12	74.9 ± 11.9	67.1 ± 12.5	63.5 ± 8.4	$F_{(2,81)} = 6.014$; $p = 0.004$
BMI (Kg/m^2)	27.8 ± 4.5	29.6 ± 4.3	27.7 ± 4.7	26.3 ± 3.9	$F_{(2,81)} = 3.426$; $p = 0.037$
BMI groups					
Normal	22 – 26.2%	2 – 9.1%	12 – 31.6%	8 – 33.3%	*ns*
Overweight	40 – 47.6%	11 – 50%	17 – 44.7%	12 – 50%	
Obese	22 – 26.2%	9 – 40.9%	9 – 23.7%	4 – 16.7%	
Prescribed medications*					
Yes	69 – 82.1%	20 – 90.9%	31 – 81.6%	18 – 75%	*ns*
No	15 – 17.9%	2 – 9.1%	7 – 18.4%	6 – 25%	

(*Any kind of medication, such as those used for treatment of depression, diabetes, hyperlipidemia or gout); ns: No statistically significant difference.