

Prevalence and Predictors of Osteoporosis in Patients of Interstitial Lung Disease: An Observational Study from North India

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Sir,

It is worthy to comment on the study by Aggarwal et al.¹ published in the October–December 2022 issue of the *Indian Journal of Respiratory Care*. On using the dual-energy X-ray absorptiometry (DEXA) scan, Aggarwal et al.¹ studied the prevalence and predictors of osteoporosis in a cohort of Indian patients with interstitial lung disease (ILD). On referring to the World Health Organization (WHO) standard of bone mineral density (BMD), Aggarwal et al.¹ reported that 40.2% of the patients had osteoporosis. The longer duration of ILD symptoms and low hemoglobin levels could predict the development of osteoporosis in the studied patients. Accordingly, Aggarwal et al.¹ advocated for universal evaluation of BMD in ILD patients. Apart from a few limitations stated by Aggarwal et al.,¹ we highlight the following limitation. The BMD reference values (BMDRVs) are utilized to interpret BMD readings taken by DEXA scan. Because these values are shaped by numerous parameters, notably age, gender, body weight, pubertal grade, ethnicity, and socioeconomic level,^{2–4} BMDRVs have been designed for many communities to be undertaken in medical practice and research institutions. Importantly, India has already formulated its BMDRVs.⁵ Instead of referring to the local BMDRVs in the study methodology, Aggarwal et al.¹ surprisingly employed the WHO BMD standard. That limitation might further flaw the correctness of the results presented by Aggarwal et al.¹ We believe that the prevalence and predictors of osteoporosis in ILD patients could be better depicted by employing local BMDRVs.

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