

DAFTAR PUSTAKA

1. Mitchell P. *IOF Compendium Of Osteoporosis 2nd Edition*. (2019).
2. Stanghelle, B., Bentzen, H., Giangregorio, L., Pripp, A. H. & Bergland, A. Associations between health-related quality of life, physical function and pain in older women with osteoporosis and vertebral fracture. *BMC Geriatr*. 19, 298 (2019).
3. Pouresmaeili, F., Kamali Dehghan, B., Kamarehei, M. & Yong Meng, G. A comprehensive overview on osteoporosis and its risk factors. *Ther. Clin. Risk Manag*. Volume 14, 2029–2049 (2018).
4. Budiman, H. Peran Teknologi Informasi Dan Komunikasi Dalam Pendidikan. *Al-Tadzkiyyah J. Pendidik. Islam* 8, 31 (2017).
5. M Sauer, A Kramlinger, A Kearns, M Homan, A Forney-Gorman, S Allen. Diagnosis and Treatment of Osteoporosis. *Inst. Clin. Syst. Improv*. (2017).
6. Jeremiah, M. P., Unwin, B. K. & Greenawald, M. H. Diagnosis and Management of Osteoporosis. 92, 10 (2015).
7. Atmodjo, Giovanni Evangelista. Preferensi Konsumen Terhadap Merek Smartphone Berdasarkan Sistem Operasi. (2015).
8. Osteoporosis Overview. *Natl. Inst. Arthritis Musculoskelet. Skin Dis*. (2019).
9. Arazi, H., Samadpour, M. & Eghbali, E. The effects of concurrent training (aerobic-resistance) and milk consumption on some markers of bone mineral density in women with osteoporosis. *BMC Womens Health* 18, 202 (2018).
10. Liu, J., Curtis, E. M., Cooper, C. & Harvey, N. C. State of the art in osteoporosis risk assessment and treatment. *J. Endocrinol. Invest*. 42, 1149–

1164 (2019).

11. Jahari, A. B. & Prihatini, S. Risiko Osteoporosis di Indonesia. *GIZI Indones.* 30, (2014).
12. Sakka, S. D. & Cheung, M. S. Management of primary and secondary osteoporosis in children. *Ther. Adv. Musculoskelet. Dis.* 12, 1759720X2096926 (2020).
13. *The Asia-Pacific Regional Audit (Epidemiology, Costs and Burden) Of Osteoporosis.* (International Osteoporosis Foundation, 2013).
14. Tabatabaei-Malazy, O., Salari, P., Khashayar, P. & Larijani, B. New horizons in treatment of osteoporosis. *DARU J. Pharm. Sci.* 25, 2 (2017).
15. Akkawi, I. & Zmerly, H. Osteoporosis: Current Concepts. 6, 6 (2018).
16. Eaimworawuthikul, S. Diet-induced obesity, gut microbiota and bone, including alveolar bone loss. 45 (2017).
17. Catalano, A. *et al.* Pain in Osteoporosis: From Pathophysiology to Therapeutic Approach. *Drugs Aging* 34, 755–765 (2017).
18. Muñoz-Garach, A., García-Fontana, B. & Muñoz-Torres, M. Nutrients and Dietary Patterns Related to Osteoporosis. *Nutrients* 12, 1986 (2020).
19. Jang, H.-D. *et al.* Relationship between bone mineral density and alcohol intake: A nationwide health survey analysis of postmenopausal women. *PLOS ONE* 12, e0180132 (2017).
20. Bonjour, J.-P. Protein Intake and Bone Health. 1 (2011).
21. Bourrin, S., Toromanoff, A., Ammann, P., Bonjour, J. P. & Rizzoli, R. Dietary Protein Deficiency Induces Osteoporosis in Aged Male Rats. *J. Bone*

- Miner. Res.* 15, 1555–1563 (2000).
22. Ratajczak, A. E., Rychter, A. M., Zawada, A., Dobrowolska, A. & Krela-Kaźmierczak, I. Nutrients in the Prevention of Osteoporosis in Patients with Inflammatory Bowel Diseases. *Nutrients* 12, 1702 (2020).
 23. Sampson, H. W. Alcohol's Harmful Effects on Bone. *Res. World* 22, 5 (1998).
 24. Sampson, H. W. Alcohol and Other Factors Affecting Osteoporosis Risk in Women. 26, 7 (2002).
 25. Wang, T. W. *et al.* E-cigarette Use Among Middle and High School Students — United States, 2020. *MMWR Morb. Mortal. Wkly. Rep.* 69, 1310–1312 (2020).
 26. Preventing Tobacco Use among Youth and young Adults: A Report of the Surgeon General: (603152012-001). (2012) doi:10.1037/e603152012-001.
 27. Li, H. *et al.* Smoking-Induced Risk of Osteoporosis Is Partly Mediated by Cadmium From Tobacco Smoke: The MROS Sweden Study. *J. Bone Miner. Res.* 35, 1424–1429 (2020).
 28. Al-Bashaireh, A. M. *et al.* The Effect of Tobacco Smoking on Bone Mass: An Overview of Pathophysiologic Mechanisms. *J. Osteoporos.* 2018, 1–17 (2018).
 29. Chaudhary, N. K., Timilsena, M. N., Sunuwar, D. R., Pradhan, P. M. S. & Sangroula, R. K. Association of Lifestyle and Food Consumption with Bone Mineral Density among People Aged 50 Years and Above Attending the Hospitals of Kathmandu, Nepal. *J. Osteoporos.* 2019, 1–6 (2019).

30. Parnell, S. E., West, J. R. & Chen, W.-J. A. Nicotine Decreases Blood Alcohol Concentrations in Adult Rats: A Phenomenon Potentially Related to Gastric Function. *Alcohol. Clin. Exp. Res.* 30, 1408–1413 (2006).
31. Kim, Soo Young. Coffee Consumption and Risk of Osteoporosis. *Dep. Fam. Med. Kangdong Sacred Heart Hosp. Hallym Univ. Coll. Med. Seoul Korea* (2014).
32. Mazocco, L. & Chagas, P. Association between body mass index and osteoporosis in women from northwestern Rio Grande do Sul. *Rev. Bras. Reumatol. Engl. Ed.* 57, 299–305 (2017).
33. Liu, C.-T. *et al.* Visceral Adipose Tissue Is Associated With Bone Microarchitecture in the Framingham Osteoporosis Study. *J. Bone Miner. Res.* 32, 143–150 (2017).
34. Alghadir, A. H., Gabr, S. A. & Al-Eisa, E. Physical activity and lifestyle effects on bone mineral density among young adults: sociodemographic and biochemical analysis. *J. Phys. Ther. Sci.* 27, 2261–2270 (2015).
35. Stewart, T. & Ralston, S. Role of genetic factors in the pathogenesis of osteoporosis. *J. Endocrinol.* 166, 235–245 (2000).
36. Menteri Kesehatan Republik Indonesia. *Pedoman Pengendalian Osteoporosis.* (2008).
37. H Yuehuei. *Orthopedic Issues in Osteoporosis.* (CRC Press LLC, 2003).
38. Blackie, R. Diagnosis, assessment and management of osteoporosis. 6 (2020).
39. Tomek-Roksandi, S., Tomasovi, N. & Narani, N. S. Program of primary, secondary and tertiary prevention for the elderly. *Period Biol* 115, 7 (2013).

40. Loh, K. Y. Osteoporosis: Primary Prevention in the Community. 62, 5 (2007).
41. Higgs, J., Derbyshire, E. & Styles, K. Nutrition and osteoporosis prevention for the orthopaedic surgeon: A wholefoods approach. *EFORT Open Rev.* 2, 300–308 (2017).
42. Gunn, C., Weber, J., McGill, A.-T. & Kruger, M. Increased Intake of Selected Vegetables, Herbs and Fruit may Reduce Bone Turnover in Post-Menopausal Women. *Nutrients* 7, 2499–2517 (2015).
43. Osteoporosis in Men. *NIH Osteoporos. Relat. Bone Dis. Natl. Resour. Cent.* 5 (2018).
44. Hooshmand, S. *et al.* The effect of two doses of dried plum on bone density and bone biomarkers in osteopenic postmenopausal women: a randomized, controlled trial. *Osteoporos. Int.* 27, 2271–2279 (2016).
45. Tarantino, U. *et al.* Clinical guidelines for the prevention and treatment of osteoporosis: summary statements and recommendations from the Italian Society for Orthopaedics and Traumatology. *J. Orthop. Traumatol.* 18, 3–36 (2017).
46. Preventing Falls and Related Fractures. *NIH Osteoporos. Relat. Bone Dis. Natl. Resour. Cent.* 6 (2018).
47. Arhandi, P. P. Pengembangan Sistem Informasi Perijinan Tenaga Kesehatan Dengan Menggunakan Metode Back-End dan Front-End. 7, 10 (2016).
48. Triamalia, A. Rancang Bangun Portal Ketenagakerjaan Berbasis Web (Studi Kasus : PT. Bintang Internasional). 83 (2017).
49. Suendri. Implementasi Diagram UML (Unified Modelling Language) Pada

Perancangan Sistem Informasi Remunerasi Dosen Dengan Database Oracle.
03, (2018).

50. Irsan, M. Rancang Bangun Aplikasi Mobile Notifikasi Berbasis Android Untuk Mendukung Kinerja di Instansi Pemerintahan. 6 (2015).
51. Yusdiardi. Rancang Bangun Sistem Informasi Penjualan (Studi Kasus : PT. I-Cube Creativindo). 233 (2014).
52. Winata, E. & Setiawan, J. Analisis dan Perancangan Prototipe Aplikasi Tracking Bis Universitas Multimedia Nusantara pada Platform Android. 11 (2013).
53. Nur, H. Penggunaan Metode Waterfall Dalam Rancang Bangun Sistem Informasi Penjualan. *Gener. J.* 3, 1 (2019).
54. Cholifah, W. N., Yulianingsih, Y. & Sagita, S. M. Pengujian Black Box Testing pada Aplikasi Action & Strategy Berbasis Android dengan Teknologi Phoneygap. *STRING Satuan Tulisan Ris. Dan Inov. Teknol.* 3, 206 (2018).