IJARSCT
ISSN (Online) 2581-9429
International Journal of Advanced Research in Science, Communication and Technology (IJARSCT)
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
Impact Factor: 7.301
Volume 3, Issue 8, May 2023

# Exploring & Visualizing Osteoporosis through X-Ray Imaging

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***Abstract:*** *Osteoporosis, a prevalent skeletal disorder, poses significant health challenges worldwide. The accurate assessment of bone density and structure is crucial for effective diagnosis, monitoring, and management of this condition. X-ray imaging techniques have emerged as invaluable tools in the evaluation of osteoporosis, offering non-invasive and widely accessible methods for bone assessment. This abstract emphasizes the importance of X-ray imaging techniques in osteoporosis research, clinical practice, and public health initiatives. The ability to visualize bone density, identify fractures, and monitor treatment response empowers healthcare professionals to make informed decisions, customize interventions, and improve patient outcomes.*

**Keywords:** Osteoporosis, bone density, X-ray image, empowers

## I. INTRODUCTION

Osteoporosis, a systemic skeletal disorder, is peculiar to compromised bone strength and increased susceptibility to fractures. It is a progressive condition that primarily affects the elderly population, although it can also occur in younger individuals. Osteoporosis is considered a significant public health concern due to its high prevalence and associated morbidity and mortality.

In osteoporosis, there is a disruption in the delicate balance between bone formation and resorption, leading to a net loss of bone mass and structural deterioration. This imbalance can result from various factors, including age-related hormonal changes, inadequate nutrition, sedentary lifestyle, certain medical conditions, and medication use. The reduction in bone mass and quality increases the risk of fractures, particularly in weight-bearing bones such as the hip, spine, and wrist.

In spinal osteoporosis, the vertebrae become weakened and prone to fractures, often resulting from minor trauma or even normal daily activities. The vertebral bodies, which provide structural support and protect the spinal cord, undergo progressive loss of bone mass and microarchitectural deterioration. These changes compromise the integrity and stability of the vertebrae, leading to vertebral compression fractures.

The impact of spinal osteoporosis extends beyond pain and physical deformity. Fractures in the spine can also lead to functional impairment, decreased quality of life, reduced pulmonary function, and increased mortality rates, particularly in older individuals. Moreover, the presence of vertebral fractures is associated with an increased risk of subsequent fractures at other sites, further highlighting the importance of early detection and intervention.

In the wrist, osteoporosis can lead to fractures of the distal radius, which is the bone in the forearm that connects to the wrist joint. Distal radius fractures often occur due to a fall on an outstretched hand, and individuals with osteoporosis are particularly vulnerable to these injuries. Fractures in the wrist can cause pain, swelling, loss of wrist function, and may require immobilization or surgical intervention for proper healing.

The hip is another common site for osteoporotic fractures, with the most severe and debilitating type being hip fractures. Hip fractures typically occur due to falls in older individuals with compromised bone health. These fractures can significantly impact mobility and independence, often requiring surgical intervention and intensive rehabilitation. Hip fractures are associated with increased morbidity, mortality, and reduced quality of life.

Diagnosing osteoporosis often involves a combination of clinical assessment, medical history evaluation, physical examination, and imaging studies. Imaging techniques, such as X-rays, magnetic resonance imaging (MRI), or

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computed tomography (CT) scans, play a crucial role in identifying fractures, assessing the severity and extent of bone loss, and guiding treatment decisions.

Prevention is a key aspect of managing osteoporosis in the wrist,hip and spine. Lifestyle modifications, such as regular weight-bearing exercises, adequate calcium and vitamin D intake, and fall prevention measures, can help maintain bone health and reduce the risk of fractures. Identifying and addressing underlying causes of osteoporosis, such as hormonal imbalances or medication side effects, is also crucial in preventing future fractures.

## II. RELATED WORK

The research paper titled "Research Hotspot Analysis of Osteoporosis by PubMed" authored by Hou Jinjie, Wang Zhenmin, Bai Zhifeng, Guo Yicheng, Gu Guoxiao, Yu Lijing, Li Weiming, Li Huilong, Li Ruiyu, Liu Yang, Li Jungai was published in the 7th International Conference on Information Technology in Medicine and Education in 2015.This paper recognizes the osteoporosis hotspot by PubMed. It uses feature set such as MeSH terms, Occurrences frequency, Percentage, Cumulative Percentage to understand the where osteoporosis is majorly concerted as it is timesaving.

The research paper titled "Diagnostics of osteoporosis based on analysis of electromagnetic wave propagation in biological objects" authored by Irina B. Vendik, Michael A. Odit, Vitali V. Kirillov, Svetlana Tamilova, Viktor A. Yakovlev, Konstantin Zolototrubov, Vladimir. V. Pleskachev was published in IEEE in 2020.This paper studies the osteoporosis severity using EM wave propagation and object of the study is the finger of human. The EM wave propagation method such as coaxial probe method and Fabry-Perot resonator method are used for the detection of osteoporosis in human finger.

The research paper titled "Osteoporosis detection using convolutional neural network based on dual-energy X-ray absorptiometry images" authored by Abulkareem Z. Mohammed, Loay E. George was published as article in Indonesian Journal of Electric Engineering and Computer Science in Jan 2023.This paper focuses on the detection of osteoporosis in adults and women in menopause using the DEXA images. This paper utilizes dataset of spine DEXA scan images which is taken from Pakistan. Once the dataset is taken it pre-process, removes the unnecessary redundancy and noise, apply the deep learning model for classification results in 98% accuracy.

## III. PROPOSED WORK

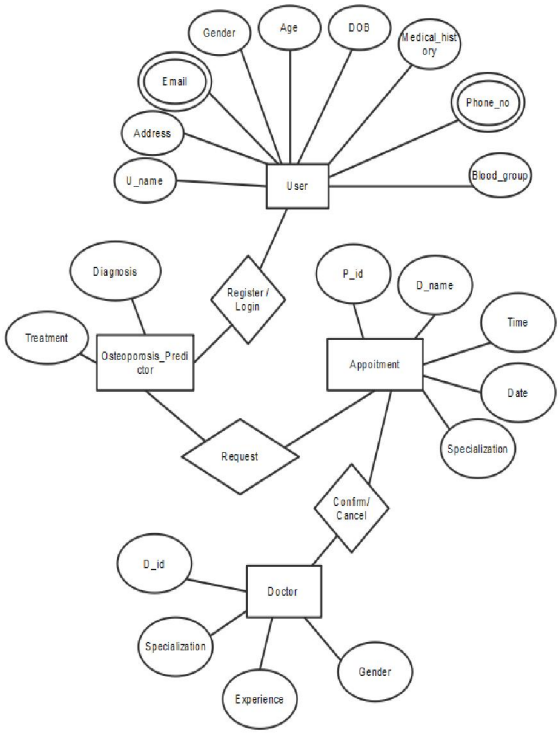


**Fig1.**Entity Relationship Diagram for the system

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This section presents the brief details about the whole system that we implemented – the flow of the work as well as activity diagram. The work flow is shown by Entity Relationship diagram to describe what exactly system consist of.
In this proposed system we are using X-ray images dataset as input that we taken from Kagle. Once the dataset is taken, we need to be pre-process the dataset to clean the dataset by removing noise, resizing the images. After this applying the deep learning model such as Convolutional Neural Network for making the prediction whether the osteoporosis is present or not.

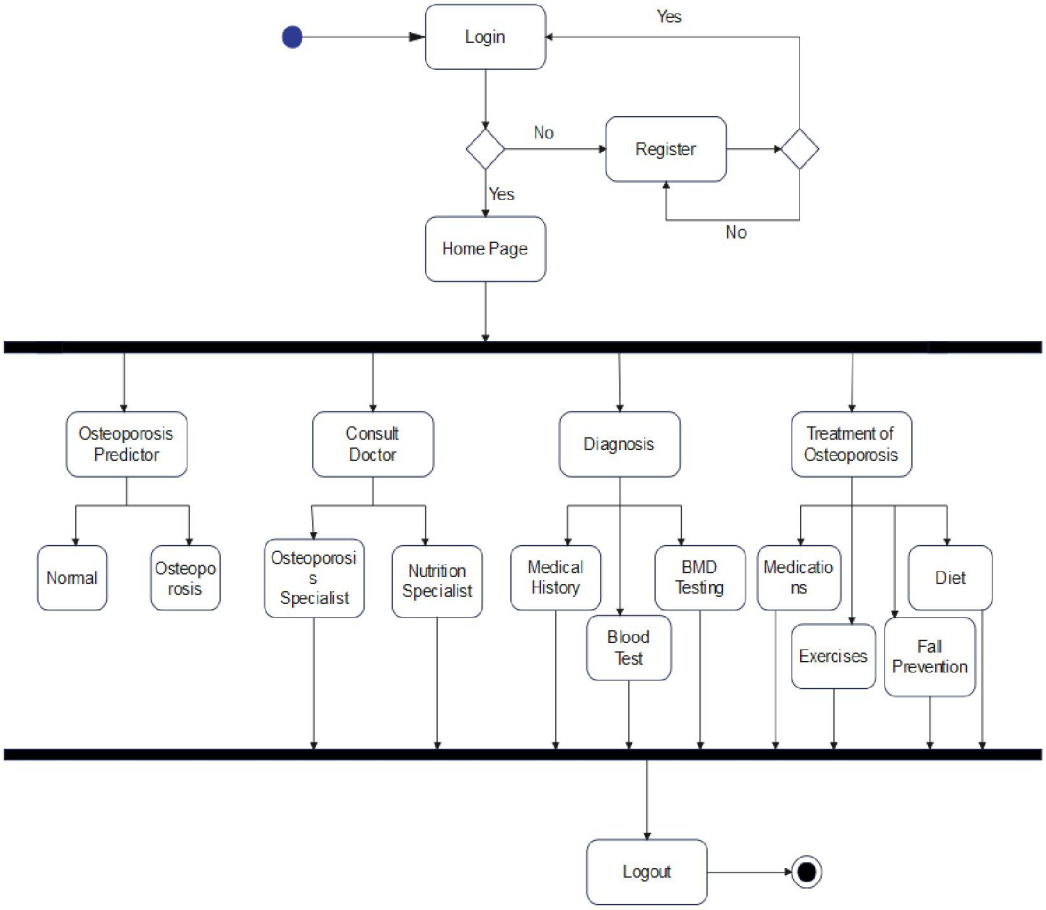


**Fig 2.** Activity Diagram for system

Figure 2 presents the activity diagram for our proposed system. User require registration. As per figure 1 user have to give their name, address, phone no, email, DOB, Any Medical history, Blood group details for registration.Respect for privacy details has been taken into consideration during system design. Once in the system user fills his/her correct username and password and logged in the home page reflected in their profile. After successfully creating account user can access the portal and its features.

User can able to access some features such as

- Osteoporosis predictor where user can check his/her X-ray ie either normal or abnormal.
- View Consult Doctor icon from where he/she can book appointment of doctor as well as Nutrician
- View the diagnosis icon from he/she will get which tests are required.
- View the general treatments to cure the Disease.
- View the about us icon where he/she can add feedback or give any suggestions to modify the system.

User can access all this features and connect ed with the system as we are connected with the system using database software as sqlite

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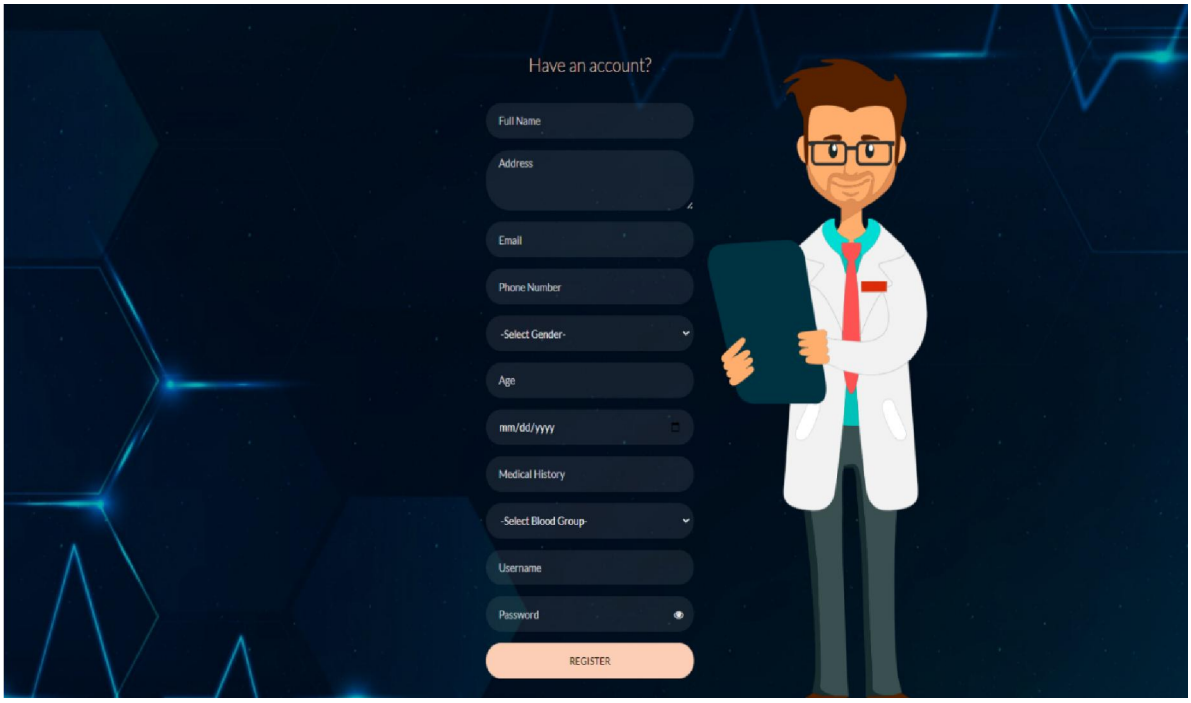
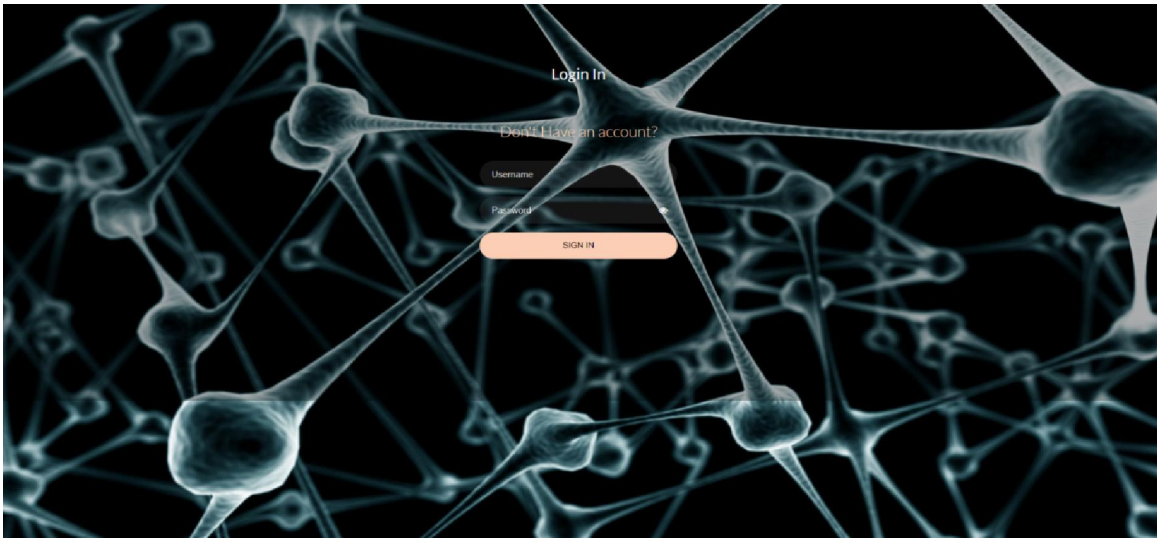
## IV. RESULTS AND DISCUSSIONS

The results of this portal are as follows:

Registration Page




Login Page



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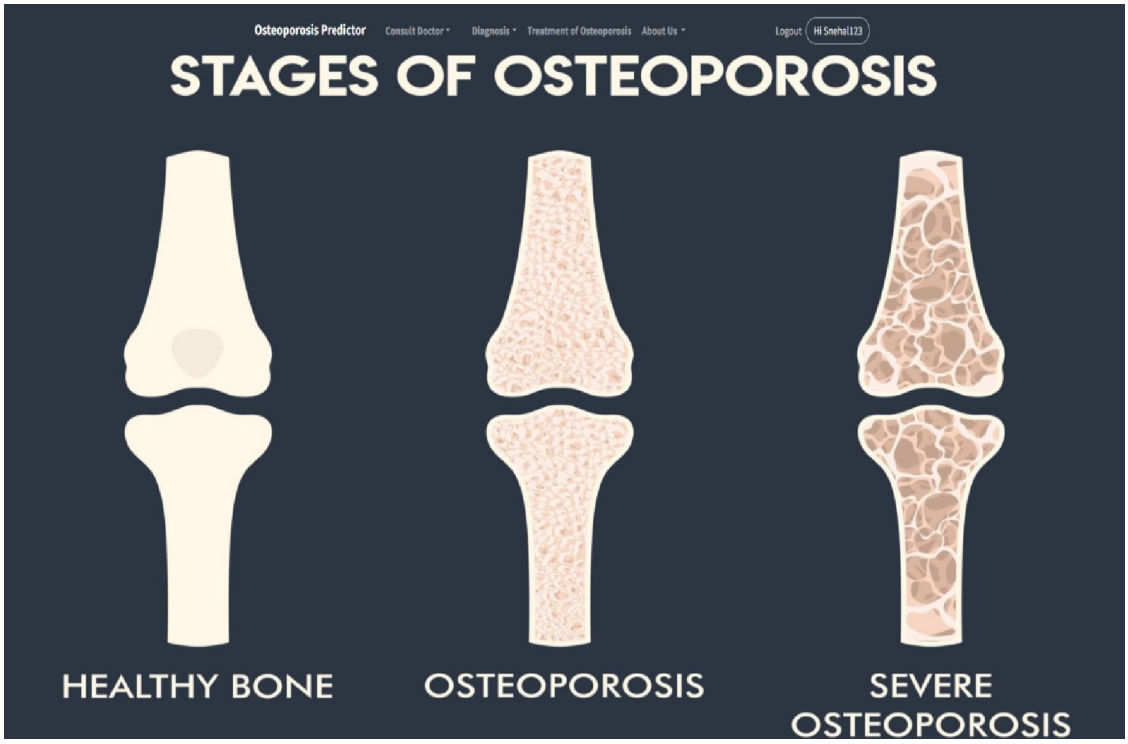
Home Page:




Predictor Page:

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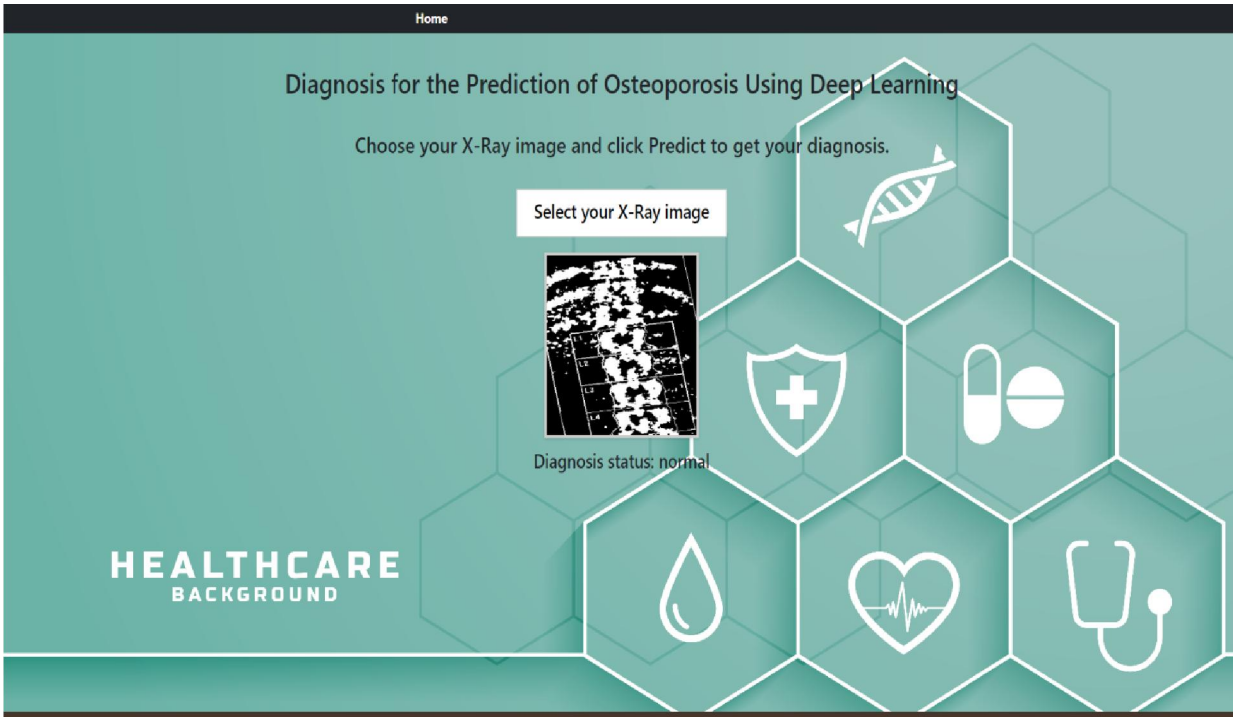
Normal Case:




Abnormal Case:


## V. FUTURE SCOPE

This proposed system gives information to users by using this portal as now we created just web application, we are planning to do mobile application also.

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In future work, we will focus on the development of wearable devices that can monitor bone health in real-time is an area of active research. These devices could use sensors to measure factors like bone deformation, bone strain, or bone microarchitecture, providing continuous monitoring of bone health and early detection of changes associated with osteoporosis.

As now we are keeping this portal free for all,but in future we will trying to add membership which will provide the extra features.

The website could be integrated with various social media platforms which will allow users to easily connect with our system and stay updated on their latest activities.

Moreover, we plan to analyze neural networks to further increase model interpretability.

More research and trials are to be conducted utilizing the technological advancements and the doctors have to take up the challenge to improvise and implement them.

## VI. CONCLUSION

This Project suggests a technique for classifying Osteoporosis in either normal or abnormal, which may provide a second opinion to the specialist.The best results were obtained which outperforms the results obtained with other learning techniques. Presented results shows that convolutional neural networks have potential to perform osteoporosis diagnosis. Also, in proposed system we are using CNN algorithm which get the best accuracy of this system. Also it helps to save our time.Concluding this project, it should be noted that it is not possible to compare recognition accuracies of this study with the literature and declare a winner. This is due to different data sets used, as well as due to different feature set that are forwarded to the algorithm.

## VII. ACKNOWLEDGMENT

We would like to express our deepest appreciation to everyone who allowed us to work on this project. We want to start by thanking our project guide, Prof. K. S. Patil whose stimulating suggestions and constant support, helped us to execute our project and for her valuable insights in every aspect of the project.

Furthermore, we would also like to acknowledge the efforts of our Head of Department Prof. M. P. Wankhade who provided us with all the necessary materials to complete the study as well as to our Principal Dr. S. D. Lokhande for his guidance and words of encouragement. And finally, we would like to extend our gratitude to our friends and well-wishers for their guidance during the entire project.

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