

عنوان مقاله:

Studying the correlation between the history of fertility and menopause with bone density reduction and osteoporosis among postmenopausal women. A cross-sectional study

محل انتشار:

شانزدهمین کنفرانس بین المللی بهداشت، درمان و ارتقای سلامت (سال: 1402)

تعداد صفحات اصل مقاله: 6

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خلاصه مقاله:

**Background and Objective:** Bone density reduction and osteoporosis are the silent epidemic of present epoch. The world Health Organization (WHO) has announced it as forth enemy of human being after Cancer, Myocardial Infarction (MI) and Stroke. The present study has been carried out with the aim to determine the correlation between the history of fertility and menopause with bone density among postmenopausal women. **Method:** This is a cross-sectional study in which ۱۵۰ postmenopausal women diagnosed for bone density reduction or osteoporosis who went under the bone density test were selected by convenient sampling method. Thereafter, the investigation was done from the view point of the relationship between the bone density reduction with some of the midwifery and menopause variables. Collected data were analyzed using statistic tests and SPSS۱۶ software and significant level of ۵.۰% was considered. **Results:** The mean age of participants were  $57.6 \pm 7.9$  and mean density index of Lumbar Vertebra and head of the femur was  $0.8 \pm 0.1$  and  $0.63 \pm 0.08$  respectively. The mean bone density score was obtained as  $5.63 \pm 5.08$ . A weak correlation but significant and reverse was observed between the midwifery and menopause history with the bone density of lumbar vertebra ( $r = -0.295$  and  $P < 0.001$ ), head of the femur ( $r = -0.226$  and  $P = 0.006$ ) and age while studying ( $P < 0.005$ ). **Conclusion:** Increasing the quality of care programs of pregnancy and menopause period, creating awareness, screening and early diagnosing of bone density reduction are necessary.

کلمات کلیدی:

Correlation, Pregnancy history, Menopause, Density reduction, Osteoporosis, Postmenopausal women

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