عنوان مقاله:

Epidemiological Study of Osteoporosis Risk Factors in Elderly Women.Review of Evidence

محل انتشار:

هفتمین سمینار بین المللی سلامت زنان (سال: 1397)

تعداد صفحات اصل مقاله: 2

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خلاصه مقاله:

Introduction: Osteoporosis is the most common metabolic bone disease and middle-aged and aging disease, especially in women, which began with bone loss and bone tissue degeneration, resulting in thin bones and susceptible to brittle banding, as many risk factors can cause the disease. This study was conducted to evaluate the epidemiological risk factors of osteoporosis in elderly women living in Iran.Methods: This systematic review study was performed by searching the googlsecholar and elmnet search engines and the pubmed, magiran, sciencedirect, iranmdex, civilica, scopus, sid, and iranmdex databases using risk factors, osteoporosis, elderly women, bone mass density, risk factor and 25 descriptive-analytic articles have been used during the period from 2006 to 2018. Results: The prevalence of osteoporosis was 14.1% based on the WHO benchmark, and according to 70% of women over 70 years of age, osteoporosis was diagnosed, which indicates high prevalence of osteoporosis and its risk factors in women, and more than 80 risk factors for this disease have been identified. Studies (OR = 22.4), age 65+ (OR = 26.8), family history (OR = 88.4), non-complication (OR = 2.34), history of fracture (OR = 2 / 37) and physical activity (OR = 97) underlying disease (OR = 2/58), BMI less than 25 (OR = 2.4); education less than diploma (OR = 3/4); bone relationship; Pregnancy and menstruation start with osteoporosis Does not refer office Conclusion: Considering that the prevalence of osteoporosis and its risk in Iranian society is high, especially in Iranian women, the population of Iran is also aging. It is important to continue to monitor the health of the community and apply effective interventions to reduce the risk factors. Provides training on nutrition in terms of adequate intake of calcium from the Shirobolnia group in the daily diet and the necessary measures to prevent the development of osteoporosis with an increase in the age of adolescents, it is also recommended that other practitioners consider their studies as the most common Risk Factors and Effects of Training on P Avoid the emergence of these factors and factors affecting self-care in these patients

کلمات کلیدی:

Risk factors, Osteoporosis, Elderly women, Bone mass densi