

# A Study to Assess the Knowledge Regarding Osteoporosis among Postmenopausal Women in Kanchipuram

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**Abstract:** *Postmenopausal defined as men and women aged 50years or older . Although these definitions are necessary to establish the prevalence of osteoporosis , they should not be used as the sole determinant of treatment decisions . the diagnostic classification should not be applied to premenopausal women , men younger than 50years or children Postmenopausal osteoporosis generally develops after menopause, when estrogen levels drop precipitously. These changes lead to bone loss, usually in the trabecular (spongy) bone inside the hard cortical bone. Osteoporosis literally means "porous bones" and is characterized by a decreased mineral density of the bones. It is seen in aging population and is considered as a modern epidemic. Osteoporosis makes the bones weak and fragile, increasing the chances of them getting fractured even with trivial trauma. Such fractures may lead to pain, deformity, and disability. So the present study is done to a study to assess the knowledge regarding osteoporosis among postmenopausal women in kanchipuram . A descriptive cross sectional research design was done in rural area of vadugampattu 60 postmenopausal women are include in our study. Convenient sampling technique was used in selecting the samples. Multiple choice questionnaire was used to collect data on knowledge regarding postmenopausal women among osteoporosis.*

**Keywords:** Knowledge , postmenopausal women , osteoporosis , estrogen , vitamin D deficiency

## 1. Introduction

Postmenopausal defined as men and women aged 50years or older . Although these definitions are necessary to establish the prevalence of osteoporosis , they should not be used as the sole determinant of treatment decisions the diagnostic classification should not be applied to premenopausal women , men younger than 50years or children Postmenopausal women experience a wide range of menopause symptoms, and their lifestyle patterns and physical, psychological, social and spiritual adaptation directly affecting elderly health improvement are considerably crucial. Many middle-aged women worry about losing their womanhood and attractiveness after menopause, and may suffer from the physical symptoms of menopause. Postmenopausal women at midlife experience various problems and difficulty in adapting to climacteric changes has a direct effect on elderly women's health, health-promoting lifestyle patterns and psychological adaptation have been considered as important issues. Osteoporosis literally means "porous bones" and is characterized by a decreased mineral density of the bones. It is seen in aging population and is considered as a modern epidemic. Osteoporosis makes the bones weak and fragile, increasing the chances of them getting fractured even with trivial trauma. Such fractures may lead to pain, deformity, and disability. The management of osteoporotic complications may consume a significant part of a nation's health-care resources in future as the number of geriatric patients is bound to increase with an increase in the average longevity. Osteoporosis renders significant morbidity among the geriatric population, especially in postmenopausal females. It is estimated 14 million American women over age 50 years are affected by low density at the hip. Population

living here experience perennial sunlight throughout the year and vitamin D through this adequate sun exposure.

## 2. Objectives

- To assess the knowledge on osteoporosis among postmenopausal women.
- To find the association between selected demographic variables with knowledge on osteoporosis among postmenopausal women.

## 3. Material and Methods

A sample is 60 postmenopausal women among 45 to 65 years of age. sample are selected in convenience sampling technique .The descriptive study was conducted during a one week period. Data collection was conducted in vadugampattu, after getting permission from village panchayat officer in vadugampattu . Demographic variable consists of age, education, type of family, religion, and multiple choice questionnaire of postmenopausal women . The study investigators explain to the osteoporosis among postmenopausal women. The investigators the provided instructions for filling the questionnaire and the guided the postmenopausal women .Understanding of each question was checked by asking the postmenopausal women to repeat the meaning. During the filling of questionnaire , the investigators helped the women throughout and helped simplifying the meaning of each questions. Clarifying doubts and checking for completeness of filling up the questionnaire. Chi square test was used to test the association between categorical variables. P<0.05 was taken as statistically significant.

## 4. Results

Shows the majority of samples in women, Our levels of knowledge are Inadequate knowledge: 22(36.6%) Moderate knowledge: 30(50%) Adequate knowledge : 08(13.3%), were age of the women as 45-50yrs are (14), 60-65 yrs are (15), above 70yrs and majority of the women are 50-55yrs age( 23), were associative disorder was hypertension are (20%), majority of the disorder is diabetes mellitus (30%), both disorder are (28%) and none are (22%), were family income as a frequency is 5000-10000 are (26), 10,000-15000 are (15), 15,000-20,000 are( 10) and above 20,000 are (19) family, were the type of family was nuclear is 34(56.6%), joint family was 26 (43.3%), were the source of health information was Tv/radio 26(43.3%), Newspaper 14(23.3%), Health professionals 08(13.3%), Neighbours 12(20%)

### Section -1

**Table 1:** Frequency and percentage distribution of demographic variables of Postmenopausal women regarding osteoporosis

S.No	Demographical Variable	Frequency	Percentage
1)	Age:		
	a) 45-50yrs	14	23.33%
	b)50-55yrs	23	38.30%
	c)60-65yrs	15	25%
	d)above 70 yrs	8	13.30%
2)	Education:		
	a)Primary	8	13.30%
	b)Higher secondary	23	38.30%
	c)Undergraduates	10	16.60%
	d)Postgraduate	19	31.60%
3)	Religion:		
	a)Hindu	46	76.60%
	b)Muslim	6	10%
	c) Christian	6	10%
	d)Others	2	3.30%
4)	Family income:		
	a) 5000-10000Rs	26	43.30%
	b)10,000-15,000Rs	15	25%
	c)15,000-20,000Rs	10	16.60%
	d)Above 20,000Rs	9	15%
5)	Associated disorder:		
	a) Diabetes mellitus	18	30%
	b)Hypertension	12	20%
	c)Both	17	28.30%
	d)None	13	21.60%
6)	Marital status :		
	a)Married	52	86.60%
	b)Unmarried	8	13.30%
7)	Type of family:		
	a)Nuclear family	34	56.60%
	b)Joint family	26	43.30%
8)	Source of health information:		
	a)TV/radio	26	43.30%
	b)Newspaper	14	23.30%
	c)Health professionals	8	13.30%
	d)Neighbours	12	20%

### Section 2

**Table 2:** Frequency and percentage distribution of the level of knowledge regarding osteoporosis among postmenopausal women

S.No	Level of Knowledge	Frequency	Percentage
1	In adequate knowledge	22	36.6%
2	Moderate knowledge	30	50%
3	Adequate knowledge	08	13.3%
4	Total	60	100%

**Table -2**

Showed that majority of the people had moderate knowledge 50% and 36.6% of inadequate knowledge and 13.3% are adequate knowledge regarding osteoporosis among postmenopausal women

### Level of Knowledge

Showed that majority of the level of knowledge is moderate 50%, adequate knowledge are 13%, inadequate knowledge are 37%

## Discussion

The present study to assess knowledge regarding postmenopausal osteoporosis among perimenopause women. Totally 30 perimenopause women were selected by probability simple random sampling technique. The knowledge was assessed by using structured knowledge Questionnaire. Which is similar to findings reported by study conducted by **Suresh Rayet al** the findings of the present study also indicated that the mean percentage of attitude score of the knowledge. The study results reveal that, majority of subjects 21 (70%) had an average knowledge and remaining 09(30%) had poor knowledge regarding postmenopausal osteoporosis. The findings of present study indicated there was no association found between knowledge scores and their selected demographic variables. Study conducted by(2017). The study findings concluded that Overall knowledge scores regarding postmenopausal osteoporosis among perimenopause women was average and there is a need of health educational programs to improve their knowledge and take necessary steps to prevent and adequately manage post-menopausal osteoporosis.

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