Survey to Assess the Preventive Measure Taken by Woman's to Prevent Osteoporosis after Menopause in Selected Cities of India

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ABSTRACT

The present study was a survey conducted to know the preventive strategies adopted by woman's of different part of India to prevent from getting osteoporosis after menopause. In order to achieve the objectives a survey design used with quantitative approach. Setting of the study was social medias with the help of google docs. The selection of the sample was non probable convenient sampling technique. The sample size of the study was 311. Survey conducted between the month of October to January 2022-23. Data collected through google docs using baseline characteristics and practice check list on preventive strategies to prevent osteoporosis after menopause. Result of the study reveal that most of the participant in this survey doing healthy practices to prevent osteoporosis after menopause such as doing regular exercises, expose sunlight for more than 15 minutes, not consuming alcohol or cigarette, walking for more than 30 minutes a day, regularly consuming dairy product, sleeping more than 6 hours a day, not consuming steroids on regular basis, consume dark leafy vegetables or fatty fish on regular basis, not having any issue of sleep, not consuming sodas or colas or beverages or breads on regular basis, mostly consuming wheat product. But some of the healthy practice majorities of participants are not following some of the healthy practices such as checking BMI on regular basis, practicing aerobic exercise, calculating calcium consumption per day.

KEYWORDS: osteoporosis, healthy practice, woman's, menopause

Need for the study:-

Osteoporosis is a systemic disease whereby decreased density of bone mass and its strength by micro architectural degradation of the bone. Women are more vulnerable to osteoporosis accounting for 70-80 percent of all trauma including hip, spine, and wrist fractures. This prevalence increases further in menopausal women because of reduced estrogen level resulting in accelerated loss of bone mass.

It has been reported that 61 million people in India have osteoporosis and out of these, 80% are women. The main cause is less calcium intake with an extensive prevalence of vitamin D deficiency. According to a survey report, Osteoporosis prevalence among women increased from 14% in 2007 to 19.6% in 2018. Regular exercise at least 45 minutes for 4 days in a week or doing aerobic exercises or yoga or walking daily for 30 minutes, expose sunlight to more than 15 minutes a day, not consuming beverages, alcohol or cigareetes, regularly measuring BMI, consumption of calcium in daily diet, consuming dark leafy vegetables or fatty fishes, avoid steroid use, consume wheat product from the age of teenage reduce the occurance of osteoporosis after menopause. Based on this, researcher conduct a survey to assess the preventive practice adopted by woman's from the age of 20 years to 45 years residing in Jaipur, Lucknow and Bhopal prevent osteoporosis after menopause.

Objectives:-

➢ To assess the preventive measure taken by woman's to prevent osteoporosis after menopause.

Material and method:-
Research approach and design:- Quantitative approach with survey design.

Setting of the study:- The survey conducted through online mode with google docs at Bhopal, Lucknow and Jaipur cities of India for the period of 4 months (from October 2022 to January 2023).

Study population:- woman's between the age of 20-45 years of age.

Accessible population:- woman's between the age of 20-45 years of age residing at Jaipur, Lucknow and Bhopal.

Sample size:- 311

Sampling technique:- Non probability convenient sampling technique.

Inclusion criteria:-
1. Woman's who are at the age between 20-45 years.
2. Woman's residing at Jaipur, lucknow and Bhopal.
3. Who can able to fill google docs.
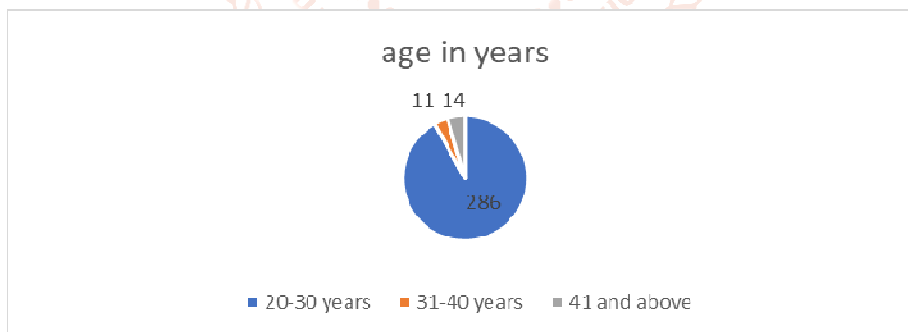
Exclusion criteria:-
1. Woman who attended classes regarding healthy practice strategies used to prevent osteoporosis.
2. Who don't had laptops or android mobiles.
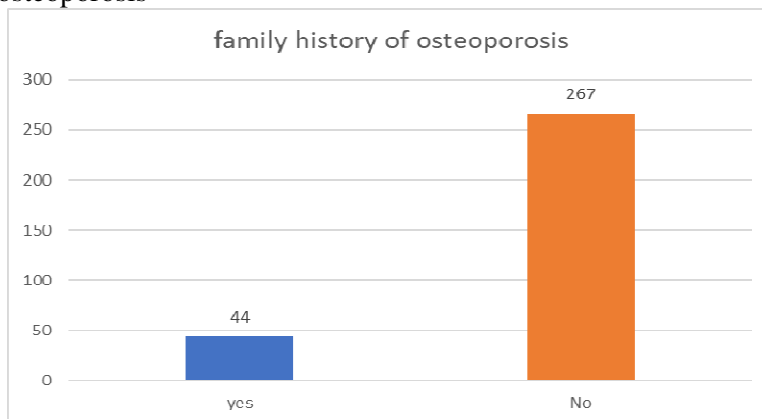3. Who don't know how to fill google docs.

Tool:-
Analysis and interpretations
Section I :- Base line characteristics of participants.
A. Age in year

B. Family history of osteoporosis

The research tool for the data collection consists of two sections.

Section 1:- Baseline characteristics
It consist of 6 characteristics such as age in years, family history of osteoporosis, history of pregnancy, educational status, professional experience.

Section 2:- Practice checklist on preventive measure used by woman's to prevent osteoporosis after menopause.
This session consist of 16 questions which reveal the preventive measures adopted by woman's to prevent getting osteoporosis after menopause.

The tool was prepared in google docs in English for the convenience of the participant.

Data collection procedure:-
Data collection through online google docs from the month of October 2022 to January 2023. Researcher Prepared questionnaire on google docs and send link to personal Gmail account or whats up, Facebook account, and Instagram after getting consent of participate to participate in the study.
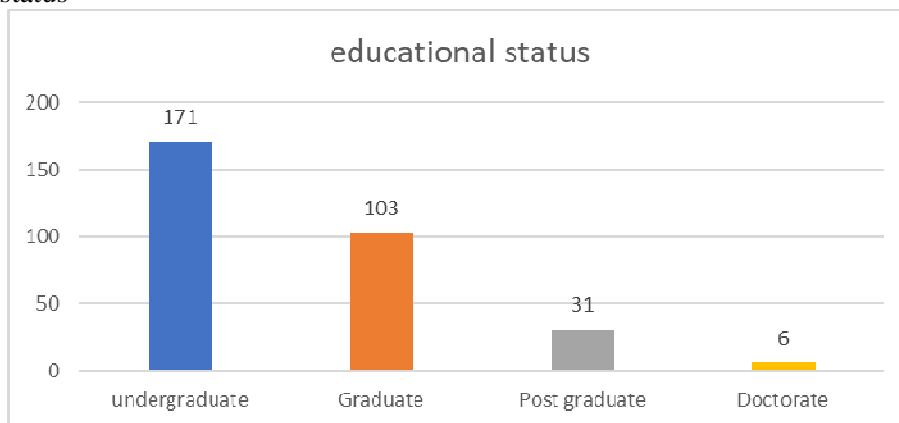
Limitation:-
➢ Study was limited to selected cities of India (Jaipur, Lucknow, Bhopal).
➢ Study period was limited to 4 months.
➢ Study conducted through online platform only.

C. History of pregnancy
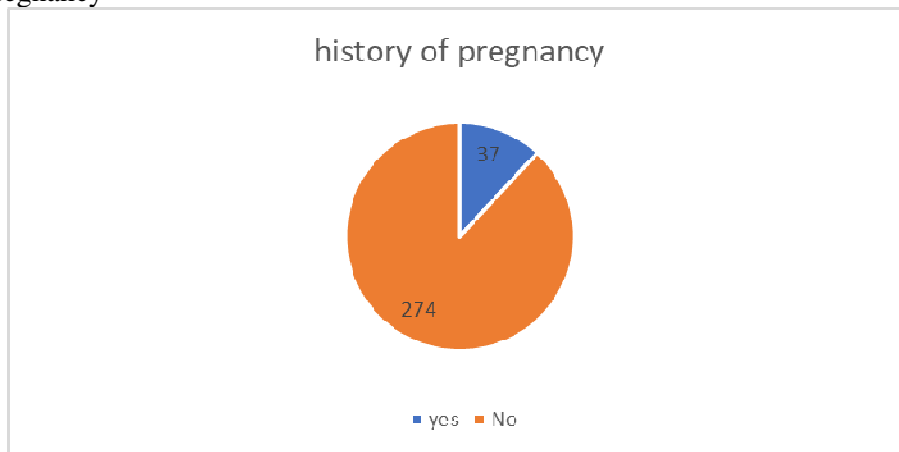
D. Educational status

E. Professional experience

Section II:- Preventive strategies adopted by woman's to prevent osteoporosis after menopause.
Table :-1 Frequency and percentage wise distribution of participant on preventive measures adopted by participant to prevent osteoporosis after menopause

Sl. No	Preventive Measures Adopted by Woman's		Frequency	Percentage
1.	Doing 30-45 minutes exercise 4 days in a week	Yes	171	55
		No	140	45
2.	Exposure of sunlight more than 15 minutes per day	Yes	253	81.4
		No	58	18.6
3.	Consume alcohol or smoke cigarette or both on regular basis	Yes	14	4.5
		No	297	95.5
4.	Regular check up of BMI and set diet according to it	Yes	140	45
		No	171	55

5.	Walking for more than 30 minutes or doing yoga for 30 minutes per day	Yes	216	69.5
		No	95	30.5
6.	Practice aerobic exercise or weight bearing exercises	Yes	128	41.2
		No	183	58.8
7.	Consume dairy products on regular basis	Yes	188	60.5
		No	123	39.5
8.	Sleep more than 6 hours during night	Yes	260	83.6
		No	51	16.4
9.	Calculating calcium in diet and if deficient take calcium supplements	Yes	145	46.6
		No	166	53.4
10.	Consuming glucocorticoids or steroids on regular basis	Yes	48	15.4
		No	263	84.6
11.	Consume dark leafy vegetables or fatty fish daily	Yes	136	43.7
		No	175	56.3
12.	Skip break fast most of the time	Yes	139	44.7
		No	172	56.3
13.	Consume 4 cup of coffee per day	Yes	49	15.8
		No	262	84.2
14.	Having an issue in sleep	Yes	64	20.6
		No	247	79.4
15.	Consume sodas or colas or beverages or bread or cheese or chip on regular basis	Yes	86	27.7
		No	225	72.3
16.	Consume wheat product on regular basis	Yes	210	67.5
		No	101	32.5

Table number 1 reveals that most of the woman's doing regular exercises, expose sunlight for more than 15 minutes, not consuming alcohol or cigarette, not regularly checking BMI, walking for more than 30 minutes a day, not practicing aerobic exercise, regularly consuming dairy product, sleeping more than 6 hours a day, not calculating calcium consumption per day, not consuming glucocorticoids or steroids, consume dark leafy vegetables or fatty fish daily, not having an issue of sleep, not consuming sodas or colas or beverages or breads on regular basis, consuming wheat product.

Conclusion:-

This survey study reveals that most of the participant in this survey doing healthy practices to prevent osteoporosis after menopause such as doing regular exercises, expose sunlight for more than 15 minutes, not consuming alcohol or cigarette, walking for more than 30 minutes a day, , regularly consuming dairy product, sleeping more than 6 hours a day, not consuming glucocorticoids or steroids, consume dark leafy vegetables or fatty fish daily, not having an issue of sleep, not consuming sodas or colas or beverages or breads on regular basis, consuming wheat product. But some of the healthy practice majorities of participants are not following some of the healthy practices such as checking BMI on regular basis, practicing aerobic exercise, calculating calcium consumption per day.

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