کارگاه های آموزشی مرکز اطلاعات علمی جهاد دانشگاهی

کارگاه آنلاین پروپوزال بروزوال نویسی و بایان نامه نویسی

کارگاه آنلاین روش تحقیق و مقاله نویسی علوم انسانی

کارگاه آنلاین آشنایی با بایگاه های اطلاعات علمی بین المللی و ترفند های جستجو
Management of Osteoporosis in Postmenopausal Women in Shiraz, Southern Iran

Dear Editor,

Osteoporosis is a still a health concern with significant morbidity and mortality due to an increase of senior adults worldwide. Falls and fractures are common among frail older adults needing home health and long-term care.\(^1,2\) Although clinically bone loss and fractures in healthy premenopause women are sporadic, more women search evaluation for osteoporosis from health care providers.\(^3\) National osteoporosis Foundation estimates that in the united states 10 million individuals, 80% of women, already have osteoporosis, with an additional 34 million individuals at risk because of low bone mass.\(^4\) Preventative measures to reduce falls have been identified and many therapies (both prescription and nonprescription) with proven efficacy for reducing fracture risk are available.\(^1\)

Calcium and vitamin D utilization in the optimization of bone health is often overlooked by patients and health care providers. In addition, the optimal standard of care for osteoporosis should encompass adequate calcium and vitamin D intake.\(^5\) There is increasing evidence that the risk of osteoporosis in postmenopausal women can be reduced with calcium supplements, estrogen replacement therapy (ERT) and other Medications.\(^6\) This study was performed to determine the preventive and treatment measures of osteoporosis in postmenopausal women in Shiraz, southern Iran.

From June 2005 to October 2006, 405 postmenopausal women ≥55 years old referring to Shiraz Health centers entered the study. A questioner was completed as described by Walf et al.\(^7\) A written consent was provided from each participant and the study was approved by the university Ethics Committee.

Of participants, 49.6% were <60 years and 1% were older with a mean age of 61.98 years (mean age of menopause= 49.3 y/o) and 37% of menopause were 45-50 y/o. 96.3% of woman had at least one risk factor of osteoporosis while 78% were in relation to life style. Only 21.7% of women had done a BMD test. 77.3% of women had available test results indicating to osteoporosis (7 had X-Ray and 51 BMD). Only 20.5% of women had history of calcium and vitamin D supplement daily during the last year (6.7% bisphosphonate, 2.5% calcium, 4.9% ERT and HRT). Prevention and treatment medication intake showed a significant difference between osteoporotic women and those without osteoporosis (\(p=0.05\)).

Gill and Hofmen in 132 menopause women > 55 year reported a 34% BMD test,\(^8\) which is less than our result (21.7%). NIH recommend BMD test for menopause women every two years, and for high risk women every year in addition for women with positive history of fragility fracture.\(^9\)

Sunvecz showed that when pharmacologic therapy is advised, continued use of calcium and vitamin D is recommended for optimal fracture risk reduction.\(^5\) In Hajcsar et al.’s study on 228 samples, 32.4% took calcium, 13% vitamin D and 4.7% bisphosphonate supplement.\(^10\)

Our results showed that management of osteoporosis in menopausal women in southern Iran, are so far from the recommended guidelines. So, there is a need to educate the women and high risk groups of osteoporosis for preventive and therapeutic measures.

Acknowledgement

The authors would like to thank the Office of Vice Chancellor of Firoozabad Islamic Azad University for financial support.

Keywords: Osteoporosis; Prevention; Treatment; Menopause

Conflict of interest: None declared.

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Received: August 20, 2008 Accepted: February 2, 2009
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آشنایی با اطلاعات علمی نسبی، همکاری و ترفند های جستجو

پیشنهادات و توصیه‌ها به‌عنوان سرویس‌های تخصصی ترجمه و سرویس‌های همزمان آموزشی

عضویت در مرکز اطلاعات علمی و فیلم‌های آموزشی

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