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SUMMARY

Assessment of the state of knowledge about osteoporosis and prophylaxis among women over the age of 50

Osteoporosis is a major health, social and economic problem. It is characterized by progressive loss of bone mass, weakness of spatial bone structure and increased susceptibility to fractures. It is often referred to as “the silent thief of bones”, because the first stage is asymptomatic and the majority of patients become aware of the disease only when experiencing bone fracture.

Based on the research of European Vertebral Osteoporosis Study, the incidence of osteoporosis is estimated at 20.5% amongst women, and at 13.0 % amongst men.

The main risk associated with osteoporosis are fractures of the femoral neck, vertebral body and distal radius. The risk of fracture increases with reduction of bone mass.

The aim of this paper was an attempt to assess the level of knowledge about osteoporosis and applicable prevention among women over the age of 50.

The research was conducted from September 2012 to January 2013 among 100 women over the age of 50 living in Grodzisk County and West Warsaw County.

The area of study concerned the evaluation of knowledge of:

- definition and symptoms of osteoporosis,
- factors of osteoporosis,
- applied forms of diagnostics in diagnosing osteoporosis,
- the purpose of exercises applied at osteoporosis and evaluation of the applied prevention.

On the basis of the results of the studies it was stated that:

1. Overall level of knowledge in one-fifth of the respondents is unsatisfactory.
2. The age of respondents does not have a significant influence on the level of knowledge about osteoporosis.
3. The domicile of respondents affects the level of knowledge about osteoporosis in statistically significant way only in the range of definition and recommended forms of physical activity.
4. The type of profession affects the level of respondents' knowledge about forms of diagnostics of osteoporosis in statistically significant way.
5. Only 21% of respondents applies densitometry as a form of osteoporosis prevention while 49% of women prevent osteoporosis by physical activity.