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Prevalence of Bone Diseases among women (35-60 years) with special reference to osteoporosis: A case study of Patna Town

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Abstract : *The study was undertaken to assess the prevalence of bone diseases with special reference to Osteoporosis in women. The aim of the study was to find out the prevalence and awareness level regarding Osteoporosis. 100 women of age group of 35-60 years were taken from different localities of Patna town by purposive- cum- incidental sampling method. Percentage was drawn of respondent's orientation. 57% women were not aware of Osteoporosis. 49% women did not have a proper diet. It was also found that 46% women fulfill their calcium and vitamin- D requirement*

through diet. It was also found that only 59% women were exposed to sunlight regularly. The study focused on awareness , physical problems and symptoms of the disease. The findings of the study indicate that as far as Osteoporosis is concerned women's perceptions show that it is not merely a physical problem but also a social and cultural problem. Superficial knowledge about Osteoporosis leads to the severe conditions of the disease in women. It is not an individual problem but a universal problem.

Keywords: *Osteoporosis, Calcium, Mineralization, Demineralization, Fracture, Menopause.*

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Introduction :

Health is a vital part of the great experience of living. This is a state of balance, with inputs and outputs of energy and matter in equilibrium (allowing for growth). Health also implies good prospects for continued survival. In sentient creatures such as humans, health is a broader concept. Nutrition is closely related with health. If a person eats the right kind of foods in the required amount, he or she will keep good health provided no other factor intervene (Maimun2006:11-15).

Osteoporosis is defined by the National Osteoporosis Foundation (NOF) as “porous bone”