

MENOPAUSAL STATUS AND OSTEOPOROSIS: A CASE CONTROL STUDY AMONG THE PRE AND POST-MENOPAUSAL WOMEN OF ALLAHABAD DISTRICT

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ABSTRACT

Osteoporosis is the most common skeletal disorder affects both sexes, but most importantly affects female who feel more rapid loss of their bone mass during the early years following menopause. The greatest loss of bone density occurs in women during perimenopause and is related with low level of estrogen in the blood, a condition of menopause. So this study was designed to observe the strength of association between the menopausal status of the women and the prevalence of osteoporosis and relative risk of developing this disease among the pre and post-menopausal women of Allahabad District. This study was a case control study among the pre and post-menopausal women of Allahabad District aged between 35-65 years. All the respondents of the study, who came to the referral hospital's outpatient department during the free BMD check-up camps by P-DEXA scan, were purposively selected for the study. The diagnosed patients of osteoporosis were identified as cases. The controls of the study were all participants that were identified as free from less bone mineral density after undergoing the P-DEXA scan. The results of the study revealed that post-menopausal status of the women had a strong association with the occurrence of osteoporosis (**OR=8**) and they had **3.3333** times more risk to develop this disease in comparison with pre-menopausal women (**OR=0.125**). So it was concluded that post-menopausal women had greater risk of developing osteoporosis and it is recommended to pre and post-menopausal women to go through the DEXA screening of the BMD for early detection of loss of bone mineral density and adopt healthy dietary pattern and appropriate lifestyle modifications to reduce this loss.

KEYWORDS: P-DEXA Scan, Osteoporosis, Menopausal Status, Bone Mineral Density, Case-Control Study