Knowledge Regarding Osteoporosis among Women of Menopausal Age (45-65 Years) at Selected Village of Moga, Punjab

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Abstract*:* Osteoporosis is a chronic progressive metabolic bone disease characterized by low bone mass and structural deterioration of bone tissue leading to increased bone fragility. One in two women and in one in eight men over the age of 50 will sustain an osteoporosis related fracture during their life time. Osteoporosis is known as "silent thief" because it slowly and insidiously over many years robs the skeleton of its banked resources. Osteoporosis is characterized by low BMD (Bone mass density) and degeneration of bone micro architecture, which increases the bone brittleness and fracture risk. **OBJECTIVES**: 1. To assess the knowledge level of menopausal women regarding osteoporosis. 2. To find the association between knowledge and selected demographic variables. 3. To develop an informational booklet for menopausal women on osteoporosis. **METHODOLOGY:** Exploratory Approach Was used .Non-Experimental Research Design was used .The setting of the study was Menopausal women from Rauli village.Moga.Totally 100 menopausal women was participated **.** Simple random sampling Technique was adopted. A self administered questionnaire was used to assess the knowledge level of menopausal women regarding osteoporosis. A total of 30 questions included.**RESULTS:**The results shows that among 100 menopausal women, 41(41%) of them had below average knowledge, 51(51%) of them had average knowledge, and 8(8%) of them had good knowledge regarding osteoporosis. The result shows that, among all the demographic variables, dietary pattern and family income had significant association with knowledge level at P<0.05 level. **CONCLUSION:** Osteoporosis is a preventable disease. Through appropriate education and lifestyle changes, the

incidence of osteoporosis can be reduced. It is important that all menopausal women should have necessary knowledge regarding risk factors of osteoporosis and preventive health behaviours. Researcher strongly felt that, menopausal women are at risk and unaware about this silent killer, imparting knowledge to women can prevent osteoporosis to certain extent. The need for prevention of this silent killer is must, as this has become the major life threatening disease.