Bone Health Status among Postmenopausal Women in Malaysia

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Abstract
Objectives: The study has evaluated bone health status among postmenopausal women in a public hospital of Malaysia.

Materials and Methods: A total of 116 post-menopausal women, who met the criteria, participated in this study. The purposive sampling method was used to achieve the criteria of participants.

Results: This cross-sectional study revealed that more than half of the respondents (52.6%, n = 61) had osteopenia, whereas, 47.4% (n = 55) of the respondents had osteoporosis. There was a significant correlation between the age and menopausal years with the bone health status (i.e. P<0.004 and P<0.028, respectively) in postmenopausal women.

Conclusions: Menopausal women experienced deterioration of bone mineral density (BMD) with advancing age and menopausal years.

Keywords
Author Keywords: Menopausal women; Bone health status; Osteoporosis; Malaysia
KeyWords Plus: MINERAL DENSITY; STRUCTURAL BASIS; AGE; OSTEOPOROSIS; QUALITY; EPIDEMIOLOGY; TRANSITION; MENOPAUSE; COMMUNITY; EDUCATION

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