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Lifestyle and related factors in older adults with osteoporosis

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Background & Aim: Osteoporosis is a chronic disease and the most common metabolic bone disease. Complications of osteoporosis affect the quality of life especially in older adults. It has been estimated that between 20 to 50 percent of bone density is influenced by lifestyle. The present study aimed to determine the lifestyle and related factors in older adults with osteoporosis.

Methods: In this cross-sectional study, 300 osteoporotic elderly who referred to the bone densitometry centers of Tehran University of Medical Sciences, Tehran, Iran were recruited. Data was collected by demographic form as well as lifestyle elderly questionnaire with acceptable validity and reliability. Data was analyzed by descriptive and inferential statistics including ANOVA, Chi-Square tests, t-test and Pearson correlation coefficient with using SPSS-PC (v-21) and $P < 0/05$.

Results: The study findings showed that lifestyle of the most osteoporotic elderly (71.3%) was moderate. 10.7% of them had adequate lifestyle. There was a statistically significant relationship between lifestyle and marital status ($p < 0.001$), educational level ($p < 0.027$) and comorbidity ($p < 0.009$). There was not relationship between age, gender and lifestyle.

Conclusion: The researchers concluded that health policy makers have to pay more attention to screening and prevention program for osteoporosis through lifestyle modification.

Biography

Minoo Pakgozar has completed her PhD from University Putra Malaysia. She is the Faculty Member of School of Nursing and Midwifery, Tehran University of Medical Sciences.

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