

A Gender Based Study on Life Style, Diet and Senile Osteoporosis

Vibha Bhatnagar, Shazia Husain and Ritu Sarupria

*Department of Foods and Nutrition, College of Home Science, Maharana Pratap University
of Agriculture and Technology, Udaipur 313 001, Rajasthan, India*

KEYWORDS Osteoporosis. Bone mass. Singh's Index. Nutrient Adequacy. Ascorbic Acid

ABSTRACT An attempt was made to study the role of diet and lifestyle pattern in the pathogenesis of osteoporosis. Twenty-five male and twenty-five female elderly osteoporotic patients diagnosed by Singh's Index were assessed for background profile, lifestyle pattern and nutrient adequacy. The mean dietary intake of protein, calcium and vitamin C in male subjects was 48.97 ± 0.89 g, 688.26 ± 29.58 mg and 15.55 ± 2.93 mg while it was 37.86 ± 0.80 g, 663.49 ± 31.91 mg and 24.84 ± 4.74 mg respectively in female subjects. Results of the study revealed that nutrient intake by all the subjects were deficient as compared to the allowances suggested for elderly. However, in comparison to male subjects, percentage intake of calcium was slightly higher among female osteoporotic patients. On comparing the plasma ascorbic acid level of the subjects, it was found that female subjects had comparatively higher level (0.60 ± 0.06 mg/dl) than the male counterparts (0.39 ± 0.07 mg/dl). Significant positive correlation was found between the ascorbic acid intake and plasma ascorbic acid level. Thus it can be concluded that among females, factors other than diet may also play an important role in the development of osteoporosis.