A Possible Correlation Between Osteoporosis and Menopause -A burning issue for 21st Century

1.Dr. Sanjeev Kumar ,2 Dr. Kumari Shachi
1.Dept of Zoology,B.M.College, Rahika (L.N.Mithila University Darbhanga, India)
2.Dept of Zoology,K.S.College, Laheriasarai (L.N.Mithila University Darbhanga,India)

ABSTRACT
The lack of estrogen,a natural consequences of menopause,is directly related to osteoclastic activity. The longer a woman experiences lower estrogen levels, lowers the bone density. The women who are grater risk of osteoporosis are those who experienced menopause, before age 45 years. There is direct a relationship between the lack of estrogen during perimenopause and menopause and development of Osteoporosis.Early menopause (before 45 year's) and may prolonged periods in which hormone levels are low and menstrual periods are absent or frequent can cause loss of bone mass .Estroge,a hormone produced by the ovaries,help protect against bone loss.It can be used as treatment for prevention of osteoporosis. Replacing estrogen lost after menopause (when ovaries stop most of their production of estrogen) slow the bone loss and improves the body absorption and retention of calcium .But because estrogen therapy carries risk,it is only recommended for women at high risk for osteoporosis and severe menopausal symptoms. The association of age at menarche with age of menopause. Study report that early menarche also have early menopause.
Early menopausal women required estrogen,to prevent osteoporosis but intake of exogenous estrogen , during course of life associated with risk of breast and endometrial cancer. The chances of early menarche is associated with intake of high calorie diet that leads overweight and obesity.if a growing girls take low calorie diet and and she has ability to servive in admist adversities, menarche not occur in early stage of puberty. Osteoporosis is growing health concern worldwide and it's complications. Finally we conclude that correlation between osteoporosis and menopause, especially related to early menarche,that creat a burning issue for 21st century world scientist and physicians.
Key words: Estrogen, osteoporosis, menopause, menarche

Image

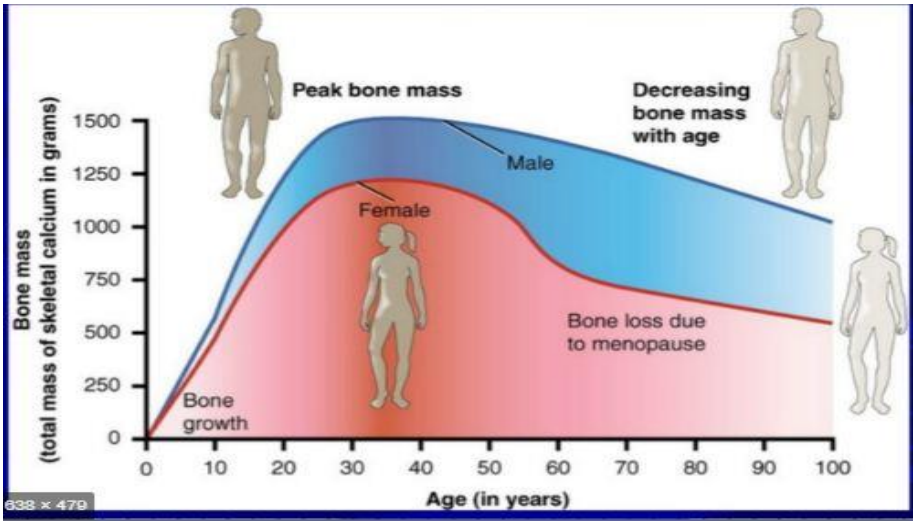


Figure 1:A Possible correlation between osteoporosis and menopause

Reference/Bibliography

1.Senthilraja M, Cherian KE, Jebasingh FK, Kapoor N, Paul TV, Asha HS. Osteoporosis knowledge and beliefs among postmenopausal women: A cross-sectional study, from a teaching hospital in southern India. J Family Med Prim Care 2019;8:1374-8
2.Gopinathan NR,Send RK,Bahera P, Agarwal S,Khandelwal N,Send M(2016)Awareness of osteoporosis in postmenopausal Indian women:An evaluation of osteoporosis health believe scale,J Midlife Health 7(4)180-184
3.Ji X M,Yu Q(2015) Primary osteoporosis in postmenopausal women, Chronic Dis Transl Med.:1(1):9-23
4.Svejme O,Ahlborg HG,Nilsson JA,Karsoon M K(2012)Early menopause and risk of osteoporosis, fracture and mortality: a 34 years prospective observational study in 390 women:BJOG;810-818
5.Thakur J,Singh S(2015) Overview of research studies on osteoporosis in menopausal women since last decade:J Middle Health;6(3):104-107
6.Shaki O,Rai SK,Chakarborty BK(2018) Prevalence of osteoporosis in Peri and post menopausal women in slum area of Mumbai, Indian J Midlife Health;9(3):117-122



Biography

Sanjeev Kumar is working as Guest Assistant professor in B.M.College Rahika,(L.N . Mithila University, India).He published more than 20 articles and attended various national and international symposiums and got Mahima young scientist award in 2017.

Presenting author details
Name – Dr. Sanjeev Kumar
Personal Email-sanjeev.kdbg@gmail.com
Contact Number :-8271347562
Linked In Account : https//www.linkedin.com/in/dr-sanjeev-kumar-b3352119b
Facebook-Sanjeev kumar
Session Name/Number
Category:E-Poster Presentation
Date of Birth-15.06.1988
Postal Adress-Dept of Zoology,B.M.College Rahika,Madhubani.INDIA
Twitter Account :-@DrSanje85577483