

Evaluation of Knowledge About Osteoporosis Risk Factors Among Postmenopausal Women and Men Older Than 40 Years

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ABSTRACT

This study aims to assess and evaluate the knowledge of osteoporosis risk factors among postmenopausal women and men over the age of 40. This is a cross-sectional study conducted from April 2024 to June 2024. The survey was distributed online among Saudi males and females aged 40 years and older residing in the Western region of Saudi Arabia. This study involved 491 participants from the Western region of Saudi Arabia. Participants completed self-administered online surveys, ensuring anonymity. The data was cleaned in Excel spreadsheets and analyzed using SPSS. The mean score for correct responses was 7.89 ± 2.85 . The majority (451, 92.04%) of participants recognized the link between osteoporosis and an increased risk of fractures, with 445 (90.82%) being aware that low calcium levels are associated with osteoporosis. Statistically significant associations were found between the place of birth, marital status, education level, occupation, and income level with knowledge about osteoporosis risk factors, with p-values < 0.05 (0.02*, 0.006**, $<0.001^{**}$, $<0.001^{**}$, and 0.002**, respectively). The study found that the population in the Western region of Saudi Arabia has a reasonably good understanding of osteoporosis risk factors. However, there are notable knowledge gaps regarding gender variations in osteoporosis prevalence, the role of genetics as a risk factor, and hormone replacement therapy as a preventive measure. Enhanced public awareness about these aspects is needed to improve disease prevention and overall quality of life for both the elderly and the general population in Saudi Arabia.

Keywords: osteoporosis, risk factors, postmenopausal, fractures

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