

## **THE KNOWLEDGE OF FEMALE ADOLESCENTS ABOUT BONE HEALTH AND OSTEOPOROSIS RISK FACTORS**

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**PURPOSE:** The purpose of this study was to explore the knowledge of female students about osteoporosis risk factors in Tehran, Iran.

**METHOD:** A cross-sectional study was conducted using a 32-item questionnaire. A convenience sample of 1000 adolescents in grades 1 to 3 from 6 high schools participated in this study. The data was analyzed using chi-square test.

**RESULT:** Based on 22 questions measuring knowledge, suitable knowledge of students of 10 familial factors was estimated to be 40.8%. Only the correlation between the occupation of the father and knowledge was statistically significant ( $p < 0.05$ ). Knowledge was higher in independent- medicine versus dependent medicine occupation.

**CONCLUSION:** Overall, the knowledge of adolescents, who are at a crucial period of their lives for accruing bone mineral, was limited. They did not have sufficient knowledge of risk factors for osteoporosis (complication of diseases, sex, race, smoking, sun exposure, exercise, calcium-rich foods and menopause).

**Key words:** osteoporosis, adolescent