

เกี่ยวข้องกับควรมีการเสริมสร้างความรู้ ความตระหนัก การรับรู้โอกาสเสี่ยง และกำหนดรูปแบบในการเสริมสร้าง และป้องกันโรคกระดูกพรุนให้กับประชาชนในพื้นที่ต่อไป



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Independent Study Title	Factors Affecting Osteoporosis of Postmenopausal Women in Phayao
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ABSTRACT

This study was a retrospective case - control study aiming to find the relationship between personal factors, health factors, sickness history, and personal lifestyles and osteoporosis among the sample group of postmenopausal women who have the bone mineral density (BMD) less than or equal -2.5 (T-score \leq -2.5) and more than -2.5 (T-score $>$ -2.5), tested by dual-energy X-ray absorptionmetry in Phayao Hospital, Phayao Province. The 136 sample women were aged over 40 years old. The study was done by an interview and using patient records of the hospital. The analysis method was using the descriptive statistics which are frequency, percentage, mean, and standard deviation and the inference statistics on binary logistic regression. The study revealed that the factors which had statistical significance influencing osteoporosis were the body mass index (OR = 0.812; 95%CI=0.708 - 0.931), age of menopausal (OR = 0.884; 95%CI= 0.791- 0.988), past medical history of fracture (OR = 10.003; 95%CI = 2.709-36.939), family history of osteoporosis (OR = 2.660; 95%CI= 1.044 – 6.774) and the personal diet of nuts, and cereal (OR=13.836;95%CI=2.078–92.109).

The study showed that the samples who had lesser BMI, lesser age of menopausal, history of fracture, family history of osteoporosis and samples who did not consume nuts and cereals had higher tendency of developing osteoporosis. Accordingly, medical and public health

personnel as well as any related organizations should help in promoting and creating awareness on the risk and prevention of osteoporosis to general public.



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