

Calcium Deficiency In Women

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Introduction

- Health is very important factor that contributes to human well being. In India women faces so many health problems due to lack of education, domestic violence, socio-economic condition in Rural as well as in Urban.

Definition of Health:

- Health is a state of complete physical, mental & social well being and not merely the absence of disease or infirmity.
- For women nutritious diet is very important in her life. Majority of Indian women is taking care of her family members. Women were not conscious about her health. She is not taking nutritious diet.
- But now women were suffers more calcium deficiency diseases. Calcium is very important for all babies & children but it is especially for women. 99% calcium is found in the bones & teeth only 01% in blood. It is global health problem.

Bone Problems

- Bone is living, growing tissue. It is made mostly of collagen, a protein that provides a soft framework & calcium phosphate, a mineral that adds strength & harden the framework.
- Fastest bone loss of women after menopause & it continues into the post menopausal stage. At the time of menopause women have less bone tissue & lose bone faster.
- Women were greater risk of osteoporosis bones become thinner and weaker by changing body size and age.

Objectives

- To study calcium deficiency diseases in women.
- To study causes of calcium deficiency diseases in women.
- To study prevention for calcium deficiency diseases in women.

Methodology

- Collection of data is Primary. 100 samples of Women those are suffered from calcium deficiency diseases. Women were selected from 25-50 years of age. Women were collected by using survey method from Beed city.

Result & Discussion

- American Journal of clinical Nutrition published a study which showed that calcium deficiency in women is a prevalent problem in rural & urban India.
- Calcium deficiency diseases in women were mostly found Dental changes, alterations in the brain and Osteoporosis, Joint Pain, Back Pain and bone problems.

Symptoms of Calcium deficiency diseases

- Tingling fingers, muscle cramps, Lethargy, poor appetite, weak or brittle fingernails, difficulty in swallowing, fainting, mental confusion, irritability, depression and anxiety, tooth decay, insufficient blood clotting, bone fractures osteoporosis & heart problems.
- Calcium deficiency is also known as Hypocalcemia can lead to symptoms vary from mild to severe.

Education of Calcium Deficiency in Women of Beed City

Sr. No	Education	Number of Women(100)	Percentage (%)
01	Post Graduate	10	10
02	Graduate	25	25
03	H.SC	22	22
04	S.SC	12	12
05	Primary School	17	17
06	Illiterate	14	14
	Total	100	100

Calcium Deficiency Diseases In Women Of Beed City

Sr. No	Calcium Deficiency	Number of Women(100)	Percentage (%)
01	Back bone	21	21
02	Tingling Fingers	10	10
03	Muscle Cramps	13	13
04	Osteoporosis	07	07
05	Joint Pain	25	25
06	Poor Appetite	15	15
07	Teeth Problem	09	09
	Total	100	100

What Is Osteoporosis

- Osteoporosis is a disease of the bones that causes bones to become weak & break easily. It is a serious health problem mostly in older women.
- Data by WHO & IOF or International Osteoporosis Foundation shares that osteoporosis leads over 8.9 million fractures every year which means osteoporotic fracture takes place every three seconds where in which 200 million women were suffers.

Sources of Vitamin D

- Dairy products, orange juice, soya milk and cereals. Most of egg yolks, cheese, Beef liver, Fatty fish like tuna, mackerel, & salmon also.
- Vitamin D is present in early morning Sun Rays. Vitamin D plays an important role in calcium absorption and bone health.

Sources of Calcium

- Calcium rich foods are dairy products like milk, cheese & Yogurt. Many non dairy sources are also high in mineral.
- These include seafood, green leafy vegetables, legumes, dried fruits and various that are fortified with calcium.
- Drumstick leaves is also rich source of calcium which is easy to available.

Causes of Calcium deficiency diseases in women

- Life Style, use of medication, lack of education, women were not giving first priority to their health, lack of knowledge about nutritious diet, use of fast food in diet and lack of exercise these are the causes of calcium deficiency diseases found in women of Beed city.

Prevention

- Nutritious diet is important for good health. Vitamins, Minerals & other nutrients should take balanced in proportion in the regular diet.
- Calcium & Vitamin D are essential for to avoid deficiency diseases.
- Women should be Exercise regularly, avoid fast foods & give the first priority to our health.
- All these prevention is better than cure for healthy life.

Conclusion

- Women were gives more time to family responsibilities. Women needs to conscious about her health.
- Healthy diet is important for to overall good health.
- Calcium & Vitamin D sources increases in the diet.
- Poor in economic condition of women are also responsible for calcium deficiency diseases.
- Awareness of nutrition is important to the society.

Thank you