



ORIGINAL ARTICLE

Study of Nutrition and Mobility Effect on the Quality of Life in Menopause Women in Tabriz-Iran

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ABSTRACT

Appropriate dietary pattern of women provides all nutrients needed to optimize their activity throughout life. Physical activity is the most effective way to increase quality of life in different people especially in menopause women. For this purpose, this study tries to investigate the relationship between nutrition and mobility on the general quality of life in menopause women in Tabriz in the fall of 2010. To perform this study, 100 menopause women were randomly selected in Tabriz. Nutritional information of these people was collected by questionnaire. The information collected by this questionnaire is including the amount of daily exercise, daily calcium intake, amount of red meat, white meat and the general quality of life before and after the menopause. Data of this study was analyzed by SPSS and ANOVA statistical program. The results showed that in the 64% of these ladies the general quality of life was unchanged in their own idea, while in 20% of these people who believe the general quality of their life had changed the amount of this change was very high. In terms of daily mobility 25% of women had no daily exercise (including walking and exercise), but about 56% had motility about 10 to 30 minutes daily. In 43% the calcium intake including supplements and food has been lower than the daily requirements. In 54% of these individuals Fish consumption was reported monthly or longer. Considering these results, it seems that about half of the subjects studied are living in good condition in terms of mobility, while in the majority of these people, the quality of public life has not changed much before and after menopause; this is another proof for the effect of mobility in menopause women. Considering that there is a direct relationship between osteoporosis and the quality of life, calcium intake and fish consumption were studied in these women and the results show the shortage of calcium and fish consumption which may cause the risk of loss of life quality for these women in future. It seems about half of the women studied are living in relatively good condition.

Keywords: Menopause women, Nutrition, Mobility, Quality of life

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INTRODUCTION

Optimum Nutrition of women is the foundation of their health and is affected by many factors. Nutritional needs and problems of women are based on variables such as age, stage of development, social, economic and cultural factors. In addition to these variables, women have specific and special needs associated with menstruation, fertility, lactation and menopause. Appropriate dietary pattern of women provides all nutrients needed to optimize their activity throughout life.

Proper nutrition is the origin of health promotion, prevention and treatment of diseases. Nowadays everyone is aware of nutrition and its effects. Wellbeing and full health depends on several factors such as food, heredity, climate, health, sports, food, mobility and etc, that food is the most important factor in this context [1,2,3].

The elderly population may be at risk of nutritional deficiencies or problems with health care more than young people. Emotional, social and physical problems may interfere with their appetite and so affect the ability to buy, prepare and consume enough food [4]. Studies conducted indicate that nutrient nutrition in older people in rural areas is less [5]. Et Chilma Studies showed that low dietary problem is important and significant among older people in rural Malawi and the prevalence of under nutrition among women is approximately 27 percent [6]. Studies conducted in Jakarta in Indonesia showed that about one third of urban women suffer from Vitamin A deficiency [7]. Studies conducted in Iran indicate that consumption of energy, animal protein and some nutrients especially iron, calcium, zinc and vitamin A in women often

is less than recommended levels[8]. Considering that nutrition and mobility is the significant factor in prevention and acceleration diseases in postmenopausal the purpose of this study was to determine the amount of some essential nutrients in postmenopausal women and study the quality of life and its effects.

MATERIALS AND METHOD

This study is presented as sectional and in descriptive format in which is used questionnaire. This is prepared by the plot colleagues Gynecologist. To perform this study, 100 menopause women were randomly selected in Tabriz. Nutritional information of these people was collected by questionnaire. The sample of questionnaire form is in below. The information collected by this questionnaire is including the amount of daily exercise, daily calcium intake, amount of red meat, white meat and the general quality of life before and after the menopause. These data were collected by gynecologist with asking each woman. Data of this study was analyzed by SPSS and ANOVA statistical program.

Sample of questionnaire form:

- 1) Have you had any changes in quality of your life before and after menopause?
No yes rate: low moderate high other
- 2) Daily mobility rate (include walking, exercise, professional sport)
None below 10 min 10-30 min more than 30min
- 3) Daily Calcium intake rate (include drug supplements and dairy)
Less than required in much needed more than required
- 4) Red meat intake rate (cow, sheep, camel meat)
Daily weekly monthly none
Low moderate high other
- 5) white meat intake rate (chicken, fish, shrimp)
Daily weekly monthly none other
Low moderate high other

RESULTS

Our results showed that in the 64% of these ladies the general quality of life was unchanged in their own idea, while in 20% of these people who believe the general quality of their life had changed the amount of this change was very high. In terms of daily mobility 25% of women had no daily exercise (including walking and exercise), but about 56% had motility about 10 to 30 minutes daily. In 43% the calcium intake including supplements and food has been lower than the daily requirements. 74% of studied persons use red meat as major source of required protein. In 54% of these individuals Fish consumption was reported monthly or longer.

DISCUSSION

As our results shows amount of nutrient such as calcium and protein is not receiving enough by menopause women in Tabriz. Safavi et al 1996 Studies on the nutritional status of elderly people in Isfahan Sadegiye complex showed that their protein and caloric intake is acceptable [9]. Kaseb and also studies on the nutritional status of elderly nursing home partners in Yazd showed that iron and protein intake in aged women is significantly lower than the recommended daily amounts [10].

Kvy Lamyaret al Studies showed that seniors in Tehran have deficiency in majority of nutrients, especially vitamins B2, B6, and they haven't received the amount of their needs [11]. Marshall et al studies on nutritional in Non-Hispanic older white populations are in risk [12]. Revenue and economic conditions can affect the nutritional status of the elderly. As elderly are more susceptible to nutritional deficiencies; the good economic situation can have a good and desirable effect on their nutritional status. Studies showed that nutrition of women with different economic status plays an important rule on their menopausal status [13,14,15].

Studies of Shahrar et al on the nutritional status on rural women showed that at all subjects studied, nutrition and all nutrients level (except protein and vitamins) was below the recommended daily amounts. Most nutrients in taking such as vitamins B3, B2, B1, A and calcium salts in more than 50 percent of subjects was less than the daily recommended ones. Their studies show that dietary intake is not enough [16] these results are as the same of our results. Conducted study shows that the major consumer food in women of Zimbabwe is maize and vegetables [17]. Qu and et al studies in Jilin Province in China showed that urban women intake protein (especially animal protein) and lipid more than rural women [18].

Mennen et al study showed that fat and alcohol in rural women in Cameroon is more than urban women. Also Carbohydrate and protein intake in rural women were more than urban women. Fiber, iron,

carotene, zinc, potassium and vitamins E, D intake in rural women were more urban women [19,20]. As our results shows red meat consumption are higher than white meat. High level of cholesterol in red meat could be really harmful in elder women especially in menopause women.

CONCLUSION

For the people who are in menopause or are at the beginning of it, high mobility rate, fish consumption, use less red meat and use of food with high calcium level, reduces the effects of menopause and delays symptoms such as hot flashes, night sweats and stress.

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