

Abstract

This diploma focuses on the topic of nutritional status of patients with osteoporosis. The thesis is divided in two parts. In the first part, the theoretical part I focus on osteoporosis as the definition of the disease, epidemiology and etiology. Clinical manifestations of the disease, methods of diagnosis and treatment are also mentioned. An important part of the thesis is a description of the risk factors and especially the specification of the nutritional aspects of osteoporosis. The nutrients which are connected or could be connected to the disease are also described. Additionally, the influence of physical activity and smoking is mentioned. The last part is focused on the evaluation of the nutritional status.

The aim of this thesis is to evaluate the nutrition status of patients with osteoporosis. Few steps were carried out to achieve the target of the thesis. First, the theoretical part was written according to the published bibliography, then the research was performed. The research was attended by 60 women patients from osteological ambulatory in Prague and České Budějovice. The research has several parts that are consequently evaluated. Specifically, a short questionnaire concentrating on the intake of calcium or movement activity of the respondents was made. Another part was a frequency questionnaire for recording the frequency of consumption of selected foods followed by 3 days record of the respondents' diet. Risk factors for osteoporosis and results from densitometric examination were also evaluated.

From the results we can figure that patients are well informed about the risk and protective factors of osteoporosis and they are trying to avoid the first and to follow the latter. Patients have oversupply of fat in their diet. The average intake of calcium from natural resources does not reach the daily recommended rates for a specific group of people. The amount of fiber in the diet also doesn't reach the daily recommended dose.

Key words: osteoporosis, eating habits, risk factors, nutrition, nutritional status