

Abstrakt v anglickém jazyce

Disease osteoporosis or bone loss is caused by an increased loss of bone tissue, fragility and by reduced flexibility of the bones. The disease is widespread both in the Czech Republic and worldwide. Its occurrence is increasing. Osteoporosis is partly conditioned by poor diet, sedentary lifestyle among young people, which is nowadays widespread. Some factors may affect the individual himself. The theoretical part deals with facts, which relate to disease osteoporosis, anatomy, symptoms, causes, diagnosis, complications, treatment and pharmacological treatment of fractures. The conclusion of the theory is focused on prevention and education. The aim of the thesis was to determine whether women are informed about osteoporosis and if these information are sufficient for them. I also examined whether the respondents suffer from osteoporosis, if they know preventive measures to prevent osteoporosis and how they comply with them. In the empirical part a research was conducted by a quantitative method. The aim of the bachelor thesis was to ascertain whether the respondents are sufficiently informed about osteoporosis, if they comply with prevention, and know the risk factors for osteoporosis. I also concentrated on prevention, whether women adhere to preventive measures and if the doctor informed them of the possibility of developing this disease. Then I was discovering where women received information regarding this disease. The questionnaire was distributed electronically and to some respondents also in printed form. The survey was carried out from January to February 2015. In total, I included 173 addressed respondents from the general public in the research.

Keywords: women awareness, prevention, bone loss, osteoporosis.