

LIFESTYLE AND FOOD DEFICIENCY IN CALCIUM - RISK FACTORS FOR POSTMENOPAUSAL OSTEOPOROSIS

Marius MOGA¹

Abstract: *The postmenopausal hypoestrogenism is determinant for 30% of the female population for the onset of Osteoporosis. There are other risk factors which participate too to the onset and evolution of this disease. The study aim is to demonstrate that the lifestyle and the food deficiency in calcium represent important risk factors to consider in postmenopausal osteoporosis onset.*

Key words: *osteoporosis, menopause, risk factors.*

* Transilvania University of Brasov.