

This work is concerned about osteoporosis. In the first part is described anatomy and physiology of the bone and prevention and treatment of osteoporosis among women as well as men. In the second part are presented the results of my questionnaire study, which deals with risk factors of osteoporosis in women older than 45 years. The results of this research are that at least one risk factor is present in 68% of women. And number of risk factors increases with increasing age. Among the most frequent risk factors belong: lack of physical activity, family history of fracture and premature climax. Further, risk of fracture is increased in women with increased number of risk factors.