

ISSN: 2329-9509

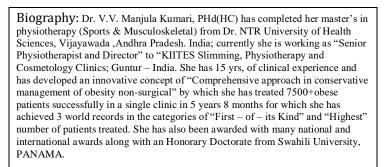
Journal of Osteoporosis and Physical Activity

Weight Loss Protocols in Post – Menopausal Women with Osteoarthritis Knee Using Non-Surgical Weight Loss Procedures.

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Abstract: Menopause is an inevitable stage in every women's life and it is associated with other conditions such as hormonal changes, that is, reduction in estrogen secretion, lowered metabolic rate leading to weight gain mainly in the abdominal region, osteoporosis, insomnia, mood swings, hot flashes and a few cases may also present with severe depression, may also be associated with other medical conditions like Hypertension and Diabetes; that are being managed by drugs and medical management. When this Post-menopausal state is associated with OA knee and osteoporosis, leading to limited mobility and increased chances of weight gain and decreased sociability. This weight gain gradually leads to obesity which is a preventable cause of morbidity and mortality.





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8th International Conference on Physiotherapy & Physical Rehabilitation, Bangkok, Thailand, August 10-11, 2020

Abstract Citation: Dr. V.V. MANJULA KUMARI, Weight Loss Protocols in Post – Menopausal Women with Osteoarthritis Knee Using Non-Surgical Weight Loss Procedures, PHYSIOTHERAPY 2020, Bangkok, Thailand, August 10-11, 2020, pp: 0-1

Journal of Osteoporosis and Physical Activity, Issn: 2329-9509

volumeS2