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Cardiac fitness and psychological health of mother in post menopausal women in Gurugram India

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Background: In recent past the global agenda for health burden of disease for women has changed significantly from maternal morbidity and mortality to non communicable diseases as the leading cause of death and disability among women in almost all the countries of the world. A global agenda for women's health now, therefore, have a broadened and redefined focus to encompass not only women's sexual and reproductive health, but also the prevention of non communicable disorders which are mostly due to poor lifestyle habits. Recent reports document a large national health burden of chronic disease with significant proportions due to behavioral dimensions such as physical inactivity and low levels of cardiorespiratory fitness. With a significant number of women belonging to the status of menopause, it is crucial to understand the status of psycho-physical fitness, associated risk factors so that a comprehensive health programme can be designed which targets to improve their fitness level including life style modifications to help them live an independent and healthier life in the later stages of their life.

Methodology: Comprehensive health examination was performed on 100 post menopausal women attending

physiotherapy OPD of SGT Hospital Gurugram. Post menopausal women in the age group of 45-60 yrs were included(48 women from rural Gurugram and 52 women from Urban Gurugram). Women who suffered from any chronic disease like cardiac heart disease, diabetes or with some orthopedic and musculoskeletal problem that effected the compliance to participate in exercise testing were excluded from study. They were explained about the purpose and procedure of the study and their consent was taken for participation. Cardiopulmonary fitness was tested using Harvard Step test and mental health was tested by using middle sex health questionnaire.

Result and Conclusion: Results of the study concluded that 40% of the females had below average cardiac fitness and just 6% had excellent cardiac fitness. Physical inactivity was 1 of the contributing factor for poor fitness. 64% of post menopausal women had poor psychological health. They suffered from anxieties, stress due to declining physical health, growing health issues, decline in fitness and various other social and psychological stressors.

Biography

Sheetal Kalra born and brought up in Gurgaon, Haryana, she did my graduation from DAV College of Physiotherapy and Rehabilitation Yamunanagar and post-graduation in Sports Rehabilitation from S.B.S.P.G.I Dehradun. She is also pursuing PhD in Physiotherapy from SGT University Gurugram. She have worked with reputed organizations like Indraprastha University, Manav Rachna International University and Guru Jhambeshwar University. Presently she is working as Professor and Associate Dean ,Faculty of Physiotherapy, SGT University, Gurugram.

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