

CALCIUM IN POSTMENOPAUSAL WOMEN PREŠOV (SLOVAKIA)

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Background: Nutrition is one of many factors that affect bone quality. Dietary intake of mineral elements plays a significantly role in maintaining homeostasis of soft tissue, in protection of the skeleton, etc. Calcium is an essential nutrient for healthy bones, is needed for the heart, muscles, nerves, blood clotting, participate in processes inside cells. It is lost every day in the organism by sweating, urine, faeces, therefore, is necessary to monitor the balance between his intake and spending for healthy bones.

Material and Methods: In this study, we focused on the monitoring of calcium (Ca^{2+}) and calcium loses in the urine in 150 postmenopausal women, regardless of the diagnosis of thyroid.

Results: In this group, we found that the average value of calcium in the urine was 3.033 mmol/l (minimum value 0.45 mmol/l, the maximum value 9.23 mmol/l). The average value lost calcium in the urine was 0.168 mmol/l higher than the average value of calcium (Ca^{2+}).

Conclusion: Biochemical indicators provide primary information on the rate of bone remodeling, the functional state of bone metabolism and they are necessary for differential diagnosis of osteoporosis. Through them, we can estimate the risk of fractures in the future.