

Knowledge of Calcium and Vitamin D Intake on Risk of Fracture among General Physicians and General Population

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Abstract

Background: Older men and women are recommended to take at least 1000-1200 mg/day of calcium to prevent fractures, and many people take calcium and vitamin D supplements to meet these recommendations. The present study was done to evaluate the knowledge of calcium and vitamin D intake on risk of fracture among the general physicians and general population. **Materials & Methods:** The study was included of group I of 68 general medical practitioners included of MBBS, BAMS, BHMS and other medical practitioners and the group II consisted of general patients came to the OPD of the hospitals. Specially formulated questions were given to each of the participants and their responses were collected and analyzed using IBM SPSS statistics version 20 with the help of student's t test. **Results:** On comparison of the scores of the general physicians and general patients, it was found that the general practitioners were having more knowledge as compared to the group II and the difference was found to be statistically highly significant. **Conclusion:** Although the general medical practitioners were having good knowledge of the calcium and vitamin D supplements, their knowledge should be continuously updated as most of them were unaware of the facts added recently to the literature.