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Alimentation and menopause: believes and false myths, a comparison between operators and women.

ABSTRACT

Objectives: accepting oneself and trying to find a new stability are essential elements to find well-being and, in order to make this happen, it is fundamental for a woman to discover the resources at her disposal to be able to take care of herself in order to change her lifestyle, to rediscover the pleasure of protecting her health and the tools that every single woman can use to achieve this goal.

Tools: The diseases which are most likely to occur in a menopausal woman show a strong connection with the transformations that physiologically occur in her as she is going through this stage of her life, as much important is the connection of the latter with some negative surrounding factors, which can be affected significantly through easy daily tricks. Many studies have been made in order to verify whether the widespread eating habits are compatible with the recommendation on the guideline but the results have been disappointing.

Methods: In order to point out whether the disinformation of women is caused by false eating myths (which are widespread among the healthcare assistants as well) and how these can influence the bad eating habits, it was made a quiz containing true statements about good eating habits and false ones. These questions have been asked to 70 women, and 70 healthcare assistant without discrimination of roles.

Conclusions: Wrong beliefs about a well balanced diet are very widespread even among healthcare assistants, the detected percentage concerning false eating myths among women is certainly higher in the wholeness of the totality of the questions. The misinformation of healthcare assistants can build a considerable obstacle to the achievement of a lifestyle which can be compatible with the prevention of the analysed pathologies but unfortunately this does not seem to be the only source of disinformation.