

STUDY OF MENOPAUSAL SYMPTOMS IN POSTMENOPAUSAL WOMEN IN CENTRAL RAJASTHAN

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ABSTRACT

Background: Indian menopausal Society reported that in 2006, there were about 65 million Indian female over the age of 45 years. So, health status of Indian postmenopausal women, require extra priority. Presently in India, there is no specific programme in running phase those fulfil health related issue of postmenopausal women. So, our study done to know about the immensity of health related issues among postmenopausal women, which can be placed on proper platform.

Objectives:- To study the prevalence of various self reported menopausal symptoms and to determine the mean age of attaining menopause in women of central Rajasthan.

Materials and Methods:- A population based, cross sectional study was conducted in RajkiyaMahilaChikitsalay, J.L.N. Medical college Ajmer among 200 postmenopausal women from August 2021 to Dec. 2022.

Results-A total of 200 postmenopausal women from central Rajasthan were included in the study. Age group 46-50 year is the most common (66%) age group to achieve menopause. The mean age of postmenopausal women was found to be 46.03±2.39 years. The most common complaints of postmenopausal women were hot flushes (65%), Muscle and joint pain (58%), night sweats

(56%), sleep disturbance (56%), Sexual disturbance (49%) , Irritability (43%) and Tiredness (40%). Depression was observed in 30% postmenopausal women

Conclusion- - Most of the postmenopausal women had menopausal symptoms. Most common symptoms were hot flushes, Muscle and joint pain,night sweating, sleep disturbance, disturbance in sexual life, Irritability, tiredness and depression. So some health programs should be made at government level for postmenopausal women to solve this subject of concern.

Keywords- Menopause, menopausal symptoms, postmenopausal women.

INTRODUCTION:

Menopause is defined retrospectively as“ the time of the final menstrual period followed by 12 month of amenorrhea”(1,2). Menopause occurs at an average age of 52 years with a range of 40 to 58 years. changes in the hypothalamic and pituitary hormones leads to menopause, menopause is not a critical event or disease, but an indication of primary ovarian failure. Symptoms associated with menopause are due to estrogen deficiency and cannot be distinguished with the symptoms associated with aging.

Menopausal women suffer mainly due to vasomotor symptoms, atrophy of urogenital organs, osteoporosis, cardiac disease, sexual problems psychiatric ailments, decline in cognitive function. As there is increase in the aging population, It is necessary to understand the pathophysiology which include its associated risk factors, their clinical scenario and the management of common menopausal issues for improved quality of life and outcomes. The core symptoms of menopause are hot flushes, night sweats, disturbed sleep, genitourinary symptoms, sexual dysfunction and mood changes.

As per the key statistics of India and estimates of WHO the aging women population is going to get double in 2050 from what was seen in the year 2019, which was about 10% of the population.Indian Menopausal Society reported that in 2006, there were about 65 million Indian female over the age of 45 years. So, health status of Indian postmenopausal women, require extra priority. Presently in India, there is no specific programme in running phase those fulfil health related issue of postmenopausal women (3,4).Therefore this study is carried out to understand the health issues of menopausal women and to see the magnitude of these problems.

METHODS:

A population based, cross sectional study was conducted in RajkiyaMahilaChikitsalay J.L.N. Medical college Ajmer,Rajasthan. All postmenopausal women, living in the central Rajasthan and who satisfied the

inclusion and exclusion criteria were included in the study after clearance from departmental ethical committee (Table 1).

Table 1: Inclusion and Exclusion criteria-
<p>Inclusion criteria –</p> <ol style="list-style-type: none"> 1 Postmenopausal women with at least 1 year of amenorrhea and those who had attained natural menopause in last 5 years 2 Postmenopausal women who have recently attained menopause that is within 5 years were included in the study to minimize recall bias. 3. Women who have given written informed consent to participate in study and who all not a part of other studies.
<p>Exclusion criteria-</p> <p>with a known history of chronic diseases such as hypertension, diabetes, migraine, cardiovascular disease, malignancies, tuberculosis, rheumatoid arthritis and osteoarthritis.</p>

200 postmenopausal women were included in the study those fulfilled the inclusion criteria. Menopausal symptoms of postmenopausal women along with mean age at achieving menopause were studied.

We used a pretested, validated, interview based, printed questionnaire in Hindi language to study menopausal symptoms. Menopause specific Quality of Life questionnaire and Menopausal Rating Scale were used to prepare the questionnaire, which are the common scales used world wide for studying the menopausal symptoms(5,6,7). The menopausal symptoms reported by our study participants were taken for a recall period of last 6 months from the date of interview. Menopausal symptoms assessed in the study were divided into six categories: “Vasomotor, psycho-somatic, psychological, sexual, urinary complaints and others” .Hamilton Anxiety Rating Scale (HAM-A) and the Hamilton Depression Rating Scale (HAM-D) 9 were used to assess the psychological menopausal problems that is anxiety and depression, respectively(8,9). The Statistical analysis was done using the SPS software.

RESULTS:

Our study included 200 postmenopausal women. The mean age of postmenopausal women was found to be 46.03±2.39 years (Table 2). Study revealed that the most of the participants (66%) attaining menopause were in the 46-50 years age group. Only 4 (2%) postmenopausal women had premature menopause.

The most common symptoms of postmenopausal women were hot flushes (65%), night sweats (56%), sleep disturbance (56%), Sexual disturbance (49%), Muscle and joint pain (58%), Irritability (43%) and Tiredness (40%)(Table 3).

Depression was observed in 30% postmenopausal women. At least one or more menopausal symptom(s) were faced by 182 (91%) postmenopausal women in our study.

Mean age(in years)	46.03±2.39
Hindu : Muslim	186 :14
Married : Unmarried (Widow)	182 : 18
Age at menopause (<40:40-45:46-50:>50yrs)	4:54:132:10

Symptoms related to menopause	Postmenopausal women Numbers (%)
Vasomotor symptoms: Hot flushes	130(65%)
Night sweating	112(56%)
Psycho-somatic symptoms:	
Disturbance in sleep	112(56%)
Muscle and joint pain	116(58%)
Irritability	86(43%)
Tiredness	80(40%)
Headache	53(26.5%)
Psychological symptoms:	
Poor concentration	85(42.5%)
Urological symptoms (increased micturition frequency, burning micturition)	17(8.5%)
Sex related problems:	
Decreased interest in sex	66(33%)
Dryness in vagina	43(21.5%)
Dryness of skin	25(12.5%)
Weight gain	23(11.5%)
Anxiety	38(19%)
Depression	60 (30%)

DISCUSSION:

In our study, premature menopause was seen in only 4% postmenopausal women. Dasgupta et al also showed similar result (4%) (10). This suggests very low prevalence of women obtaining menopause prior the age of 40 years. At least one or more menopausal symptom(s) faced by 182 (91%) postmenopausal women in our study.

In the present study, 65% postmenopausal women having complaint of hot flushes. This is consistent with the findings of the studies carried out by

Madhukumar et al⁴, Nusrat et al and Dutta et al In which the prevalence of Hot flushes were 55.9%, 59.4% and 60.9%, respectively(11,12).

Prevalence of night sweating was 56% in the present study. This finding is comparable to finding in the studies done by Sharma et al and Rahman et al. In which the prevalence of Night sweating were 53.86% and 48.3%, respectively(13,6).

Disturbance in sleep was found in 56% postmenopausal women. This is similar to the findings of Aaron et al and Rahman et al who reported 52% and 54.4% prevalence of disturbance in sleep, respectively(14,6).

Muscle or joint pain complained by 58% postmenopausal women. Near about similar prevalence revealed by Sagdeo and Arora ,Nusrat et al , and Sharma et al (60.4%, 66.74%, 53.86%, respectively)(11,13,15).

Irritability was reported in 43% and similar prevalence revealed by Kaulagekar et al¹¹, Rahman et al and Sharma et al(6,13,16). Tiredness was found in 40%, which was just similar to the studies of Monterrosa et al and Khan and Hallad(1,17). Headache was reported in 26.5. Kaulagekar et al, observed equivalent prevalence (26.8%)(16). Aaron et al and Khan and Hallad observed 35% and 19.8% prevalence, respectively(1,14).

In the present study, 8.5% postmenopausal women complained of Urinary symptoms which is comparable with results of Rahman et al (12.8%), Khan and Hallad (9.9%) and Monterrosa et al (14.9%)(1,6,17). Decreased interest in sex found in 33% postmenopausal women. Rahman et al observed similar result (31.2%)(6).

30% postmenopausal women suffered from depression in this study. Rahman et al found depression in 37.3% and Poomalar and Arounassalanne in 21.1%(6,18). Akanshasingh et al reported about 25% prevalence of depression in her study(19). In this study, 19% had anxiety disorder. Akanshasingh et al reported anxious mood in 21.1%(19). However, Poomalar and Arounassalanne and Ayranci et al reported the prevalence in 67.2% and 78.8%, respectively(18,20).

Thus one or more menopausal symptoms seen in most of the postmenopausal women in central Rajasthan, which is a subject of concern.

Limitations of this study is that temporal association between cause and effect cannot be found because it was a cross sectional study.

CONCLUSION:

Most of the postmenopausal women had menopausal symptoms. Most common symptoms were hot flushes, Muscle and joint pain, night sweating, sleep disturbance, disturbance in sexual life, Irritability, tiredness and depression. So

some health programs should be made at government level for postmenopausal women to solve this subject of concern.

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