

A Cross-Sectional Study on the Health Status of Menopausal Women in Jharsuguda District, Odisha

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Abstract: *Introduction:* Menopause is a turning point in women's reproductive health. It's also a problematic periods as woman face a drastic change that is a transition from reproductive to non-reproductive stage which manifest different symptoms among women. *Objective:* This cross-sectional study aimed at evaluating various menopausal symptoms associated with the transitional periods and various demographic parameters like mean age at menarche, marriage, menopause etc among women aged between 40 and 60 years. *Material and Methods:* 100 women were selected (Jharsuguda district, Odisha) aged between 40 and 60 years, through simple random sampling method. *Results:* Mean age at menarche and menopause were 13.95 ± 1.32 and 43.94 ± 5.03 (mean \pm SD) respectively. Whereas mean age at marriage was found to be 20.58 ± 3.7 (mean \pm SD). The symptoms associated with menopause i.e somatic and urogenital problems were found to be higher in postmenopause in compared to pre and peri menopause where as psychological symptoms were higher in perimenopausal stage. Joint pain (68%), hot flushes (67%) and psychological symptoms like irritability (55%), depressed mood (59%) and anxiety (47%).

Keywords: menstruation, menopause, menopausal transition, menopausal symptoms

1. Introduction

Menopause is a unique stage of female reproductive cycle, a transition from reproductive to non-reproductive stage. It is characterized by cessation of menstruation and implies loss of child bearing capacity and aging.[1] Menopause is defined as generally cessation of periods for 12 months or as time of cessation of ovarian function resulting in permanent amenorrhoea resulting from the loss of follicular activity of the of the ovaries.[2] It is a stage when the menstrual cycle stops for longer than 12 months and there is a drop in the levels of estrogens and progesterone, the two most important hormones in the female body.[3] The onset of this physiological development not only marks the end of women's reproductive function but also introduces them to a new phase of life. Although menopause is a universal phenomenon, there is a considerable variation among women regarding the age of attaining menopause and the manifestation of menopausal signs and symptoms. A number of studies have shown that biological (e.g., genetic, nutritional, and reproductive history); socio-cultural (e.g., educational, occupational, smoking habit and rural-urban residence); and lifestyle (e.g., smoking and use of tobacco and dietary habits) factors affect the age of menopause. During menopausal transition there is a lot of fluctuation in the hormone levels and thus women may experience many symptoms and conditions. This fluctuation varies from person to person. During the transition to menopause, women may experience vasomotor, urogenital, psychosomatic, and psychological symptoms, as well as sexual dysfunction.[4] There are also some serious physiological problems related to menopause as, osteoporosis and heart disease risk due to increases in weight, blood pressure and cholesterol levels.

2. Material and Methods

A cross-sectional study conducted from October 2014 to December 2014 covering urban areas of Jharsuguda district, Odisha. A total of 100 women aged between 40 and

60 years were selected as the study samples. The data were collected through house-to-house visits using a pre-tested, semi-structured proforma, based on Menopausal Rating Scale (MRS), which has been widely used in many epidemiological and clinical researches for investigation of menopausal symptoms. [5] Statistical Analysis: Data were entered and analyzed using Microsoft Office Excel 2007. Data presented as percentages for qualitative variable. For quantitative variable, mean and standard deviation were calculated.

3. Results

The study samples involved 100 women. Out of total women enrolled in the study, 97% were married, while only 3% were single or widow or divorced. About 8% of women were illiterate, while 28% and 32% women had completed their primary and higher secondary schooling respectively. About 32% women were found to be graduate and above qualifications. Above 50% of the respondents have two numbers of parity. According to the menopausal transition 25% women were found to be in premenopausal stage while 28% and 47% women were in peri and post menopausal stage respectively.

Table 1: Demographic characteristics of the selected respondents

Variables	NO	%
Age of woman		
40-45	39	39
45 -50	36	36
50-55	17	17
>55	8	8
Educational status		
Illiterate	08	08
Less than 10 th	28	28
10 th to 12 th	32	32
Graduation & Above	32	32
Merital status		
Married	97	97

Single/Widow/Divorced	03	03
Parity		
1	13	13
2	51	51
3-4	20	20
4 and above	16	16
Menopausal Transition		
Premenopause	25	25
Perimenopause	28	28
Postmenopause	47	47

Table 2: Demographic parameters of respondents

Variables	Mean (SD)
Age at Menarche	13.95 (1.32)
Age at Marriage	20.58 (3.7)
Age at Menopause	43.94(5.03)

In the present study the mean age at menarche is 13.95, the mean age at marriage and menopause is 20.58 and 43.94 respectively. [Table-2]

As shown in Table 3, the occurrence of hot flushes and night sweats (67%), joint pain (68%) were very high, which were followed by depressed mood (59%), irritability (55%), sleep problem(42%). (43%) suffered from bladder problems where as vaginal dryness found to be (26%). The table indicate that the psychological symptoms were found to be more in the transitional period compared to postmenopausal stage. Sex related problems found in less number among the study population that is only (17%) and which is higher in premenopausal stage.

4. Discussion

The mean age at menarche in the present study was 13.95 years. The mean age at menarche in a study by Sarkar A et

al in 2014[6] and Shipra Gupta in Jamnagar in 2009[7] was 14.73 years which was higher than the present study. Sharma N. et al in 2006[8] in Jammu observed that mean age at menarche was 13.86 in two caste systems, namely Brahmins and Rajputs which was as per this study. The mean age at marriage in the present study was 20.58 years. This was relatively similar to 21 years in India (20.5 years in rural areas and 22.4 years in urban areas). The mean age at menopause observed in my study was 43.94 years. There is a wide range in mean age at menopause in Indian women from 40.32 to 48.84 yrs [9-18], and in developed countries from 48.29 to 51 yrs [19-22] have been suggested in the past studies. Mean age at menopause in Indian women is less in comparison to women from developed countries. Mean age at menopause in the present study corresponds with Singh & Ahuja in 1980 [9] and Sharma & Singh in 1980 [23]. Menopause is an important phase in women's life span. The present study evaluated the menopausal symptoms associated with the transitional phase (pre, peri and post menopause) and found that somatic and urogenital symptoms are higher in post menopausal women where as psychological symptoms were more prevalence in perimenopause. The most prevalent symptoms experienced by the women were joint pain (68%), hot flushes and night sweats were observed (67%) in menopausal women followed by psychological problems like irritability (55%) and anxiety (47%). Some women complained of bladder problems (43%) and vaginal dryness (26%), while a minority women had sexual problems. In studies by Sarkar et al 2014[6], Bansal et al 2010[24],Yahya and Rehan in 2002[25] prevalence of hot flushes and night sweats were (59.3%), (47.3%), (32%) respectively which were lower than this study. The psychological symptoms like depression and irritability in the present study was corresponds with Sarkar et al 2014.[6] Most of the symptoms at menopause were related with decreased hormonal level.

Table 3: Symptoms associated with Menopausal Transition

Symptoms	Women in premenopause n=25	Women in Perimenopause n=28	Women in postmenopause n=47	Total (n=100)
Somatic				
Hot flushes, sweating	9 (36%)	20 (71.42%)	38 (80.85%)	67%
Heart discomfort	5 (20%)	12 (42.85%)	26 (55.31%)	43%
Sleep problems	4 (16%)	18 (64.28%)	20 (42.55%)	42%
Joint and muscular discomfort	15 (60%)	19 (67.85%)	34 (72.34%)	68%
Psychological				
Depressive mood	4 (16%)	20(71.42%)	35(74.46%)	59%
Irritability	8 (32%)	23(82.14%)	14(29.78%)	55%
Anxiety	7 (40%)	25(89.28%)	12(25.53%)	47%
Physical and mental exhaustion	8 (32%)	15(53.57%)	19(40.42%)	45%
Urogenital				
Sexual problems	09 (36%)	5 (17.85%)	3 (6.38%)	17%
Bladder problems	4 (16%)	9 (32.14%)	30 (63.82%)	43%
Dryness of vagina		8 (28.57%)	18 (38.29%)	26%

5. Conclusion

The number of postmenopausal women is increasing day by day. The hormonal changes during menopausal transition have important impact on the physiology, psychology and social life of women which lead many diseases and disabilities during post reproductive life. As the life

expectancy is higher for females than males, they live one-third of their life in post menopausal phase. India is a country with diversity in ecology, economic status, social status, cultural norms, availability and accessibility of health care and education. Particularly the urban areas are exposed to modernization which effect their lifestyle, educational status, health status and medical services. The health

problems during menopause is due to the drastic hormonal changes during menopausal transition, so care and cooperation should be given to the menopausal women from their husband as well as from other family's member to easily tackle the transitional periods. Many people think that the symptoms of menopause are due to aging process, so do not need any treatment. There for proper guidance and education regarding menopause should be given to the women so that they can take proper remedy and treatment to handle the onset of menopause and a make a happy and worthy post menopausal life.

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