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## Assessment of menopausal symptoms in study group: A clinical study

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### Abstract

**Background:** The menopause is the time of a women's life when reproductive capacity ceases. The present study was conducted to assess menopausal and associated ailments in women.

**Materials & Methods:** The present study was conducted on 524 women of age range 40- 50 years of age. General information such as name, age etc. was recorded. Information regarding family history, menstrual history, presenting health problem, past history, personal history and dietary history was obtained.

**Results:** Age group <40 years had 50 patients, 40-45 years had 324 and 45-50 years had 150 patients. The difference was significant ( $P<0.05$ ). Common symptoms were hot flushes in 12, heart discomfort in 10, joint and muscular discomfort in 25, anxiety in 30, irritability in 42, sleep disorder in 61, sexual problem in 24 and bladder problem in 17.

**Conclusion:** Most common symptoms were hot flushes, heart discomfort, joint and muscular discomfort, anxiety, irritability, sleep disorder, sexual problem and bladder problem.

**Keywords:** Menopause, sexual, symptoms

### Introduction

The word "menopause" derives from the Greek "men" (month or monthly cycle) and "pauis" (end, stop), i.e., "the cessation of monthly cycle." The World Health Organization (WHO) describes it as the permanent cessation of menstruation as a result of the loss of ovarian follicular function<sup>[1]</sup>

The menopause is the time of a women's life when reproductive capacity ceases. Ovaries stop functioning and production of steroid and peptide hormone falls. A variety of physiological changes takes place in the body, some of these are the result of cessation of ovarian function and related menopause events while others are a function of the ageing process. Every woman's experience of the menopause is unique; she may experience all of the symptoms or none of them. Some find the transition barely noticeable, while other finds it has life altering.<sup>2</sup> According to WHO, natural menopause takes place between the ages 45 & 55 years for the women worldwide. It is generally accepted that average age at menopause is about 51 years in industrialized countries. But in developing countries it ranges from 43-49 year<sup>[3]</sup>

Studies show that the onset age of menopause is affected by the age at the first menstrual period, the use of oral contraceptives, the number of pregnancies experienced, Body Mass Index (BMI), smoking, drinking alcoholic beverages, physical activity, blood lead levels and other factors (26-34). It is believed that in about 50% of women, genetic factors play a role in determining the age of onset of menopause. Women whose mothers entered menopause at an early age are at a high risk of early onset menopause. In many studies, it has been shown that women who smoke enter menopause at earlier ages than non-smokers<sup>[4]</sup>. The present study was conducted to assess menopausal and associated ailments in women.

### Materials & Methods

The present study was conducted in the department of gynaecology. It comprised of 524 women of age range 40- 50 years of age. All were informed regarding the study and written consent was obtained. Ethical clearance was obtained prior to the study from institutional ethical committee. General information such as name, age etc. was recorded. Information regarding family history, menstrual history, presenting health problem, past history, personal history and dietary history was obtained. Results thus obtained were subjected to statistical analysis. P value less than 0.05 was considered significant.

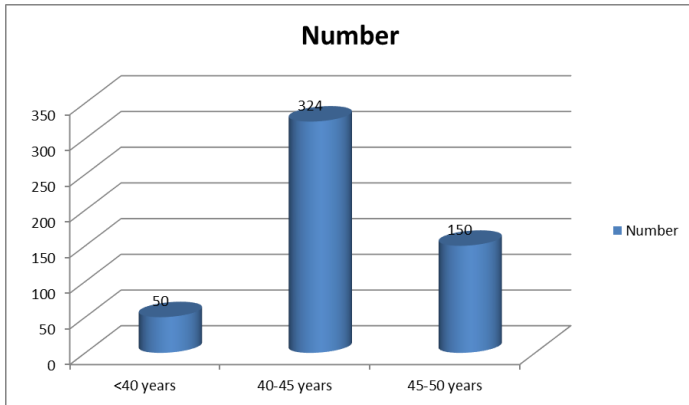
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**Results**

**Table 1:** Distribution of patients based on onset of menopause

Age of menopause	Number	P value
<40 years	50	0.01
40-45 years	324	
45-50 years	150	

Table 1, graph 1 shows that age group <40 years had 50 patients, 40-45 years had 324 and 45-50 years had 150 patients. The difference was significant ( $P<0.05$ ).

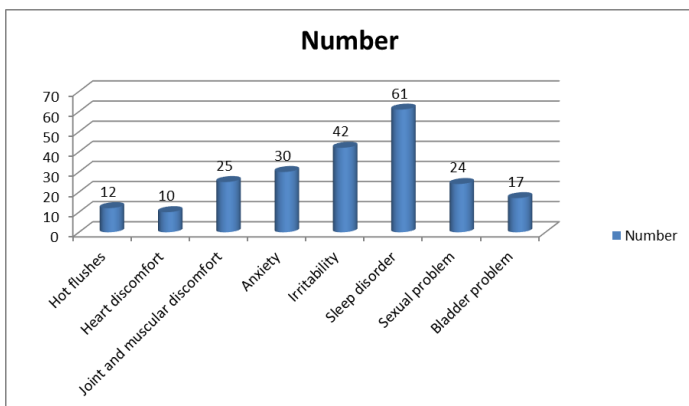


**Graph 1:** Distribution of patients based on onset of menopause

**Table 2:** Symptoms in patients

Symptoms	Number	P value
Hot flushes	12	0.01
Heart discomfort	10	
Joint and muscular discomfort	25	
Anxiety	30	
Irritability	42	
Sleep disorder	61	
Sexual problem	24	
Bladder problem	17	

Table 2, graph 2 shows that common symptoms were hot flushes in 12, heart discomfort in 10, joint and muscular discomfort in 25, anxiety in 30, irritability in 42, sleep disorder in 61, sexual problem in 24 and bladder problem in 17. The difference was significant ( $P<0.05$ ).



**Graph 2:** Symptoms in patients

**Discussion**

Menopause is understood to be as a universal reproductive phenomenon. Modern medicine has contributed significantly in

prolonging human lifespan. All the women who live beyond the age of 45-50 years, experience a period of transition from reproductive to non-reproductive stage of life as a normal physiological change. Natural menopause is recognized after 12 consecutive months of amenorrhea for which there is no obvious pathological or physiological cause [5]

Menopause, although not a disease in itself, is associated with many frustrating physiological changes, diverse symptoms and psychological dysfunctions such as anxiety, depression, lack of concentration and decreased self-esteem to the extent of affecting the quality of life of middle aged and elderly women. Hence, to ensure quality life to these women, attention needs to be focused on menopausal problems too to mitigate/manage these problems through appropriate interventions [6] The present study was conducted to assess menopausal and associated ailments in women.

In present study, age group <40 years had 50 patients, 40-45 years had 324 and 45-50 years had 150 patients. A *et al.* [7] in their study found that mean age at menopause was found to be 45.32 years. Muscle and joint pain was seen in 39.25%, vasomotor symptoms in 21%, urological symptoms in 20.5%, vulvovaginal symptoms in 19.25%. Hot flashes were experienced more by postmenopausal women (64%) as compared to perimenopausal women (36%).

We found that common symptoms were hot flushes in 12, heart discomfort in 10, joint and muscular discomfort in 25, anxiety in 30, irritability in 42, sleep disorder in 61, sexual problem in 24 and bladder problem in 17.

B *et al* [8] found that mean age of menopause was 46.2 years, median 46 years with a range from 43 to 50 years. Mean age of menarche was 11.95 years. The most frequent menopausal symptoms were joint and muscular discomfort (77.5%), sleep problems (76.5%), hot flushes (62.0%), irritability (58.5%), and bladder problems (54.5%). Awareness about these problems was inadequate.

The menopausal transition is associated with physical and mental changes in a woman's life that can have an impact on her health. Studies show that the physical, psychological, social and sexual changes observed in the menopausal period have a negative effect on women's quality of life. Ninety-six percent of women have reported to experience menopause-related symptoms and their quality of life is affected not only physically and psychologically but also socially. In particular, women in perimenopause and early postmenopause live through a more negative impact on their quality of life [9]

Variety of reasons may be responsible for the variations in frequency of menopausal problems/symptoms. The different sociocultural aspects, economical status, reproductive parameters like number of children and individual perception of menopause and likewise others can be some of the reasons for different frequencies [10]

**Conclusion**

Maximum number of subjects was in age group 45-50 years. Most common symptoms were hot flushes, heart discomfort, joint and muscular discomfort, anxiety, irritability, sleep disorder, sexual problem and bladder problem.

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