

## Assessment of knowledge about Climacteric Symptoms in perimenopausal Women

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### Abstract

**Introduction:** Study was conducted to assess women's awareness level of symptoms and complications of menopause.

**Aim :** to find knowledge about climacteric symptoms in perimenopausal women.

**Objectives:** knowledge about climacteric symptoms & of knowledge about climacteric symptoms in age group 35-55 years in peri-menopausal women.

**Methodology:** 50 peri menopausal women between the age group 35-55years were included for the study selfreported questionnaire was filled by women.the data was documented and statistically analysed.

**Result:** Based on total score of menopausal women's 38.2% women are aware about menopause and 60.8% women are not aware about menopause.

**Conclusion:** Thus, the study concluded that 60.8 % perimenopausal women are not aware about menopause

**Keywords:** menopause,perimenopause,awareness,complication, knowledge about climacteric symptoms

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### I. Introduction

The Menopause is a physiologic event, a transition in life that occurs in all women who reach midlife.Perimenopause is a period 3-4 years before menopause and followed by 1 year of Amenorrhoea. <sup>(1)</sup>The menopausal women have reduce ovarian sex steroid production which lead to climacteric symptoms like hot/flushes, night sweats, sudden perspiration, exhaustion, dizziness, vaginal dryness and dyspareunia. <sup>(2)(3)(4)</sup>Menopause also leads to several physiological changes in women.Hot/flushes is the most important symptom compained by menopausal women. About 50% to 80% of women suffer with hot/flushes in the ages before and after menopause. <sup>(5)</sup>Mortality and Morbidity rates for menopause have shown increase in menopausal women. The physiological changes leads to vaginal changes (drying up and thinning of mucus, dyspareunia, and an increase the chance of vaginal infection), Bones thinning (decrease in the length and density of the bones and osteoporosis), Behavioural changes (perspiration, irritable, depression and low concentration), Urinary changes (feeling pain or soreness during urination, urine leakage with cough, sneeze and laugh), increase of Body Fat content around the waist (weight increase) and low desire for sexual activity. <sup>(3)</sup>Women's awareness regarding menopause is based on multiple factors like age, the number of births, social, economic cultural and educational status, and geographical factors. <sup>(6)</sup>Most of women attain menopausal age group without having adequate knowledge about the events of this period and the ways to deal the phenomenon. <sup>(7)</sup>Women who tend to have high information about menopause, consequences of the phenomenon are less obvious. <sup>(8)</sup>Hence women who have adequate knowledge and information of symptoms and complications of menopause are able to tolerate its complications in a better mannered prevent occurrence of its serious and irreversible consequences through appropriate treatment. Every female will face menopause but awareness regarding problems faced during menopause needs to be addressed. A woman may not be aware of what's happening to her nor do others around her detect it either. This is why awareness of the first signs of the condition is so important. By having this awareness, some of the stress that accompanies it can be minimized. Also, there are actions that can be taken to reduce the severity of some of the symptoms created by the huge imbalance of the hormones. Menopausal women need to understand the details about menopause. Need to improve menopausal women's overall health and well-being. Menopausal women need to take a little care of themselves. Awareness about menopausal women seeking information to clear up of some of the confusion they may be experiencing about menopause .It is essential that women learn to understand their bodies and don't feel disgust at natural procedures in life, to make their life easier and free of any sort of fears. Hence we assessed the awareness about menopause in perimenopausal women.

### Aim

Assessment of knowledge about Climacteric symptoms in Perimenopausal Women.

**Objectives**

- a. Assessment of knowledge about climacteric symptoms in age group 35-55 years in peri-menopausal women.
- b. Awareness regarding problems face during menopause in age group 35-55 years in peri-menopausal women.

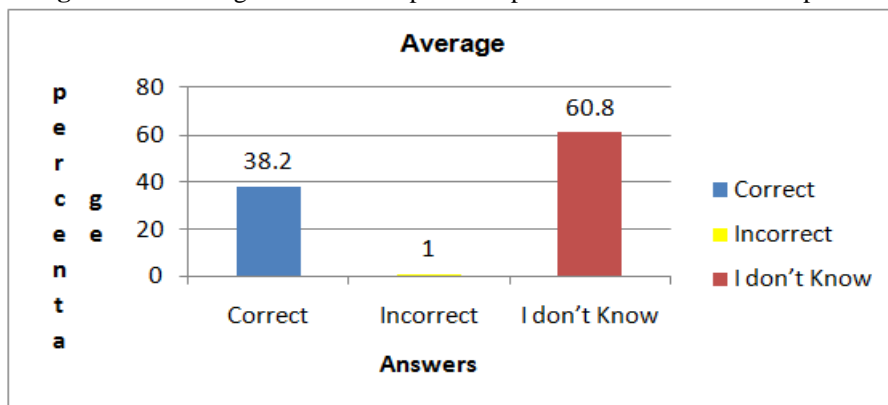
**II. Material And Methodology**

50 peri menopausal women between the age group 35-55years were included for the study. A therapist administered Questionnaire was prepared and validated. Therapist explained all the questions. Questionnaire consisted of Demographic data and questions on climacteric symptoms related to menopause. Total 20 questions were asked on a 3 score answer completely correct, incorrect and I don't know with scoring for each was 1,-1,0. Documentation was done and Data will be subjected for analysis.

**III. Result**

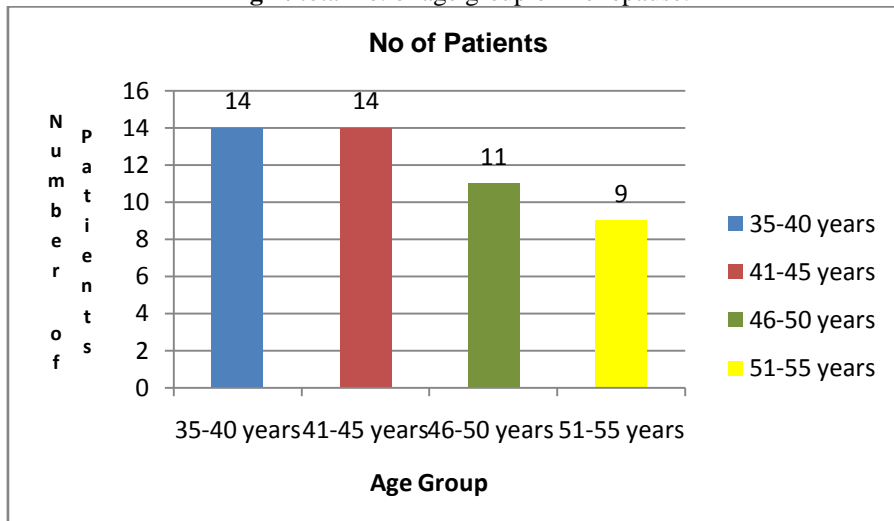
- A. The study suggests that the total awareness regarding problems face during menopause is 38.2%.
- B. Scoring is below 25% is low awareness, 25-50% is average awareness, above 50% is good awareness.
- C. Based on total score of menopausal women's correct answer 38.2% of them had average awareness.
- D. Based on total score of menopausal women's incorrect answer is 1% of them had low awareness.
- E. Based on total score of menopausal women's I don't know answer is 60.8%.

**Fig 1:** Total average awareness of perimenopausal women about menopause.



**Interpretation :** 60.8%perimenopausal women had low awareness regarding menopause.

**Fig 2:** total no. of age group of menopause.



**Conclusion:** Thus, the study concluded that 60.8 % perimenopausal women are not aware about menopause

### **Recommendation:**

Create more awareness related to problems faced during and after Menopause

1. Females should be made aware about Urinary, Urogenital and Sexual problems faced during menopause.
2. More Awareness with family members to support the females in perimenopausal women.
3. This study can be conducted in different geographical area.

### **Acknowledgment**

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