عنوان مقاله:

Assessment of Postmenopausal Symptoms among women Residing in Urban Slums

نویسندگان:

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خلاصه مقاله:

Background: Menopause is a normal physiological change and an important transition in women's life. Onset of menopause has important implications on women's fertility and health. Menopausal symptoms vary in severity and may decrease quality of life Thise is, because the majority of women still do not take treatment for these symptoms as most Indian women have a history of self-denial and neglect. This study is conducted to find the prevalence of postmenopausal symptoms among women resisting in urban slums Methods: This was a community based, cross-sectional study conducted among ۳۳۴ postmenopausal women (۴۵-۶۰) residing in urban slums by systematic random sampling. Menopause Rating Scale (MRS) was used to assess postmenopausal symptoms Pre-designed, pre-tested proforma was used for collecting data to identify the factors affecting it. General physical examination was carried out and anthropometric measurements were recorded. Data were analysed using SPSS software version ۲۰. Results were expressed as descriptive statistics (Mean (SD), Frequency (%)) and Chi-square test was used to find the association between two attributes. Results: ۶۹.۷۶% of participants had mild symptoms, ۲۳.۹۵% moderate symptoms and only ۲.۱% suffered from severe symptoms. Prevalence of somatic symptoms was ۹۳.۱۱%, psychological symptoms ۸۵.۳۳% and urogenital symptoms was ۳۳.۵۳%. ۴۴.۳۱% of women from class ۴ of SES suffered from mild to severe symptoms, followed by class ۳ with ۲۰.۰۶% (p= ۰.۰۰۰۰۵). ۷۳.۸۶% from nuclear families and ۶۶.۶۷% for three generations in their families suffered from mild symptoms (p=۰.۰۰۰۱) Conclusion: The prevalence of somatic postmenopausal symptoms was high compared to psychological and urogenital using MRS. Factors like age, poor socio-economic status, marital and educational status played a role in postmenopausal symptoms. Measures should be taken for early recognition of symptoms and treatment. To achieve this, the government, private, and voluntary organizations can establish postmenopausal clinics as soon as possible at the earliest at all levels of healthcare.

کلمات کلیدی:

Menopause Rating Scale, Menopause, Slums, Symptoms, Urban, Women,.
مقیاس رتبه بندی یائسگی, یائسگی, زاغه ها, علائم, شهری, زنان.

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