



## MENOPAUSE AND HRT; CLINICAL PATTERN AND AWARENESS

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### INTRODUCTION

Menopause is reduction of the ovarian function stay on cessation of menstruation and it is generally diagnosed when a woman who having without menstrual period with 12 successive months lacking any other biological or physiological reason.<sup>1</sup> Menopause and related changes in the hormone also cause symptoms which are affected on the quality of life, such as; night sweats, sleep disturbances, hot flushes, vaginal dryness, urinary frequency, poor memory and depression,<sup>2</sup> therefore causing the important effect in the daily, sexual and social life of that women.<sup>3</sup> On many population based surveys, reported that the high incidence of menopausal symptoms between 40% to 70%,<sup>4,5</sup> and from Asia they are between 10% to 50%.<sup>6</sup> In the Turkey reported incidence 35% to 90%.<sup>7,8</sup>

**ABSTRACT... Objective:** To find out awareness about menopause and HRT in the postmenopausal women. **Study Design:** Cross sectional and observational study. **Setting:** Gynaecological Department of Al Tibiri Medical College Isra University, Karachi Campus and Lady Dufferin Hospital Karachi. **Period:** May 2013 to December 2013. **Method:** Total 150 women were selected in the study. All the cases were undergone interviewed after taking consent form. All the data regarding residential status and awareness about menopause and HRT, along socioeconomic characteristics were entered on Performa. **Results:** The mean age of respondents was  $52.6 \pm 8.5$  years. Mostly women were belongs with rural areas 68%, with poor socioeconomic condition 63% and uneducated 51%. In the majority 65% cases were documented without awareness regarding menopause and HRT. **Conclusions:** In the conclusion of this study mostly women lacked awareness regarding menopause and hormone replacement therapy. Mostly ideas of the women concerning menopause are such as; it is natural thing and without medical association.

**Key words:** Menopause, Awareness, HRT.

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Many factors regarding menopausal status, education and emotional health may induce women's awareness to menopause.<sup>9</sup> In the Western countries having tendency of good knowledge to implication of menopause.<sup>10</sup> There are 3 main sources to get information about menopause as; friends, television and physicians and 50% receiving source of information by educational sessions.<sup>11</sup> According to practices that help of them to beat menopausal symptoms, 61% advised vitamins and 55% advised to sunlight. While 90% were not associated with consultation.<sup>12</sup>

HRT is the effective management to menopausal symptoms and may keep women from increasing osteoporosis, even though efficiency is contains to continued use.<sup>13</sup> literature reported that the reduces in the risk of hip fracture estimated 30% in and spinal fracture 50% in postmenopausal

women,<sup>14</sup> and also reduce the cardiovascular diseases which is very common cause of death in western population.<sup>15</sup> It is suggested that women’s awareness regarding menopause and its information of advantages and risks of HRT having direct effect on their use of HRT.<sup>16</sup> According to a survey women with age 20 to 69 years of Scotland, approximately 39% postmenopausal women were use HRT, while HRT use higher in America 43% to 71%.<sup>11,17</sup> Purpose of this study to determine the clinical presentations and awareness regarding menopause and HRT in the postmenopausal women.

**DATA COLLECTION PROCEDURE**

This cross sectional and observational study was carried out at gynaecological department of, Al Tibiri medical college Isra University Karachi campus and Lady Dufferin hospital Karachi with the duration of time May 2013 to December 2013. Total 150 postmenopausal women were selected in the study after taking written consent. Detailed history was taken, including family history, post-surgical and personal gynecological history. Physical examination and ultrasound was done. Predesigned proforma was used to documented all information about, socioeconomically condition as; poor, middle and upper class with monthly income, educational status along with parity, marital status and age of menopause. All the data regarding awareness and attitude of women towards menopause, HRT and about health difficulties associated to menopause and women’s experience about menopausal symptoms was mentioned on proforma. Data was analyzed on SPSS program version 16.0.

**RESULTS**

Total 150 women were selected in the study, mean age was found as: **(mean+SD)** 52.6 ± 8.5 years, majority of the women were found between parity of 1 to 3 with the percentage of 40.0%. Majority of the cases were uneducated 60% while educated women were found 40%. Married women were found in the majority 60%, while widows and divorced were found 26.67%, and 13.33% respectively. **Table-I.**

According to the clinical presentation Backache was found most common 68%, while Body ache, Irritation, Insomnia, Hot flushes, Night sweets, Loss of libido, Depression, Frequent urination, Dyspareunia and Weight gain with the percentage of 46.67%, 20.0%, 40.0%, 46.67%, 26.67%, 40.0%, 26.67%, 20.0%, 6.67% and 20.0% respectively. **Table-II.**

According to the awareness regarding menopause majority of the women 40% had lack of knowledge about menopause, 2<sup>nd</sup> most common group 36% of the women had ideas about menopause as: it is a natural thing, 15% women were found those had heard about menopause, while 8% women having knowledge about menopause as a disease. **Table-III.**

Characteristics	No. of pt./(%)
<b>Age (mean+SD) PARITY</b>	52.6 ± 8.5 years
Nulliparous	28/(18.66%)
1-3	60/(40.0%)
3-5	32/(21.34%)
<6	30/(20.0%)
<b>EDUCATIONAL STATUS</b>	
Educated	60/(40.0%)
Non educated	90/(60.0%)
<b>MARITAL STATUS</b>	
Married	90/(60.0%)
Widow	40/(26.67%)
Divorced	20/(13.33%)

**Table-I. Baseline characteristics of the women. N=150**

Presenting pattern	No. of Pt./(%)
Backache	102/(68.0%)
Body ache	70/(46.67%)
Irritation	30/(20.0%)
Insomnia	60/(40.0%)
Hot flushes	70/(46.67%)
Night sweets	40/(26.67%)
Loss of libido	60/(40.0%)
Depression	40/(26.67%)
Frequent urination	30/(20.0%)
Dyspareunia	10/(6.67%)
Weight gain	30/(20.0%)

**Table-II. Clinical pattern of women with menopause. N=150**

AWARENESS	No. of Pt./(%)
<b>MENOPAUSE</b>	
No any knowledge	60/(40.0%)
Heard some others	23/(15.33%)
It is natural thing	55/(36.67%)
It is disease	12/(8.0%)
<b>HRT</b>	
With knowledge	16/(10.57%)
Without knowledge	134/(89.33%)

**Table-III. Awareness regarding menopause and HRT. n=150**

**DISCUSSIONS**

Menopause comprising hormonal and frequently social characteristic change for women.<sup>18</sup> As life expectation increasing, mostly women are represented to the possible continuing outcome of menopause. HRT can have significant profit in postmenopausal women, till now, tempo of hormonal replacement therapy utilization are very low. Menopause awareness is the key analyst of hormonal replacement therapy use. Women approach regarding menopause are powerfully predisposed by social, cultural and economical situations in that's they live and also reproduce the dissimilarity in modes of management for or perceptions of its symptoms.<sup>19</sup> Symptoms of the menopause are experimented in all over countries of the world but incidence varies from place to place. Nusrat N, et al<sup>20</sup> was found that the age of women with menopause with ranged from 42 to 80years and mean age was 55.05±6.12. In this study mean age was found as: **(mean+SD)52.6 ± 8.5 years.**

In the Pakistan a study of 100 women carried out at Pakistan Medical College Karachi reported 93% of women were uneducated and 57% educated women were with knowledge of menopause and its implications.<sup>21</sup> In the study of Nusrat N, et al,<sup>20</sup> mentioned that (77.8%) women were illiterate and they were unable to read or write. Ninety four (10.8%) had primary education, while 39(4.5%) attended higher school and 65 (7.5%) did graduation. As well as in the present study mmajority of the women were uneducated 60% while educated women were found 40%, and also from them mostly associated with primary and

middle school education. Malik, HS et al,<sup>22</sup> reported mean age of respondents was 55.1 ± 10.1 years, with a range of 40 to 75 years, majority of women were married(82.3%) and majority of respondents had received no formal education (60.8%) and belonged to poor socioeconomic group (75.5%). Nusrat N, et al<sup>20</sup> reported 78.79% women were married, 19.69% were widows and 1.5% were divorced. In this study married women were found in the majority 60%, while widows and divorced were found 26.67%, and 13.33% respectively.

In our country presenting complains of the menopausal women are mostly found different. Nusrat N, et al<sup>20</sup> found in their series, commonest symptoms were Backache, Body ache and Insomnia 653 (75.66%), 576 (66.74%) and 544 (63.4%) respectively. As well as comparable symptoms were also stated in a series from Hyderabad pakistan.<sup>23</sup>

In the present study backache was found most common 68%, while Body ache, Irritation, Insomnia, Hot flushes, Night sweets, Loss of libido, Depression, Frequent urination, Dyspareunia and Weight gain with the percentage of 46.67%, 20.0%, 40.0%, 46.67%, 26.67%, 40.0%, 26.67%, 20.0%, 6.67% and 20.0% respectively.

While very frequent symptom suggested from Punjab (Pakistan)as; lethargy 65.4%, 56.2% urinary symptom and 50.8% agitation.<sup>24</sup> Major symptom stated in a series of Karachi Pakistan as; Body ache 86%, Hot flushes 86% and irritability 65%.<sup>21</sup> In the population of the Japan commonest symptomsas; 50% shoulder stiffness, 2% fatigue, 30% headache and 28% hot flushes,<sup>25</sup> and symptoms understanding by middle age women Thailand women like as; dizziness, tiredness, headache, joint aches/pain & backache.<sup>26</sup> Middle aged women in Taiwan reported troubled sleep, backache & joint pain.<sup>27</sup>

According to the results of Nusrat N, et al<sup>20</sup> One hundred and eighty-three women had no knowledge about menopause and its effects. (78.79%) women were aware about menopause,

(15.8%) women had knowledge about the effects and symptom of menopause. (78.79%) women consider menopause as a natural process, (21.2 %) perceived it as a disease.

Khokhar SH et al,<sup>28</sup> reported 80% women were aware about menopause but only 46% had knowledge about its implications on health. In a series from Pakistan contain 70 women in the Institute of Medical Sciences, Islamabad and a study from Hyderabad stated also comparable results.<sup>20,29</sup> Overall awareness about its implications on health were known in few cases in both the studies. A study from Pakistan stated that 97% cases had heard about menopause and 29% had knowledge of its symptoms, 4% says its long term suggestions and only 2% had knowledge of HRT.<sup>30</sup> These findings are in contrast to those suggested from Western countries any wise cases how to be improved knowledgeable about Menopause.<sup>31,10</sup> A Mexican study<sup>31</sup> reported that 83.8% of women had knowledge about climacteric symptoms.

In the present series majority of the women 40% had lack of knowledge about menopause, 2<sup>nd</sup> most common group 36% of the women had ideas about menopause as: it is a natural thing, 15% women were found those had heard about menopause, while 8% women having knowledge about menopause as a disease. In the study of Khokhar SH et al,<sup>28</sup> mentioned that menopause was considered a normal event by 72% women while, 28% believed it to be a disease condition. A study on Canadian-Italian women showed similar results.<sup>32</sup> Awareness of hormone replacement therapy was very poor in our study and same was true for other studies. A Nigerian study reported that only 7.3% were aware of hormone replacement therapy.<sup>33</sup> According to the study of China have reported 23.5% women having knowledge about HRT and its symptoms.<sup>34</sup>

## CONCLUSIONS

The study revealed a general lack of knowledge about menopause and HRT. Approach of the women regarding menopause varied from positive to neutral. Best education from several

sides as; media sources and healthcare sources are desired regarding the long-term threats related with menopause and HRT, therefore women can get awareness of health decisions, these results can play good role in quality life.

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“It's fine to celebrate success but it is more important to heed the lessons of failure.”

Bill Gates



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