

Menopausal Symptoms, Its Predictors and Management in India

Objectives

- To examine menopausal symptoms prevalence, variations, predictors, and its management using large-scale data.

Data & Methods

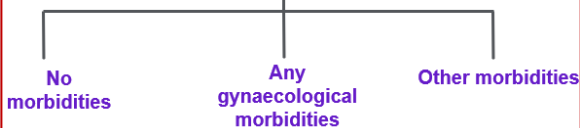
- Longitudinal Ageing Survey in India wave 1 data was used (women aged 45-55 years).
- Bivariate and binary logistic regression was used for the analysis.



Symptoms Classification (adopting Menopause Rating Scale)

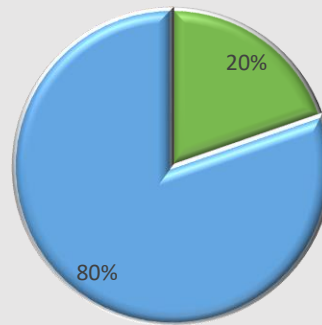


Women-Specific Morbidities



- Treatment-seeking behaviour was used to understand menopausal management.

Results



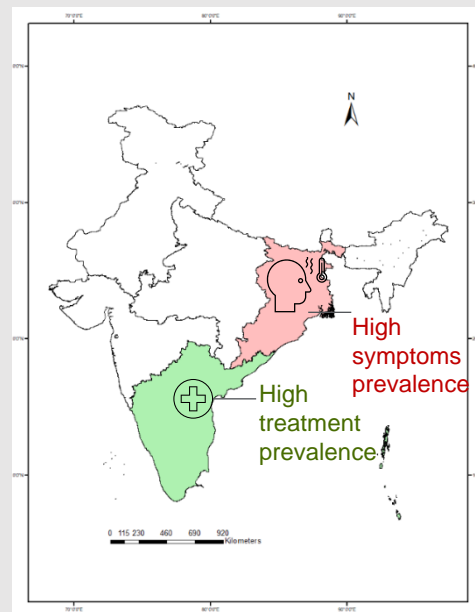
■ No symptoms ■ Any symptoms

Predictors of Symptoms

- Rural women
- Richer women
- More pregnancies
- Hysterectomised
- Anaemic
- Hypertension
- Diabetes
- Smoking

Menopausal Management

- Treatment is sought for menopause-related morbidities only when the conditions, particularly gynecological morbidities, become severe.
- Percentage of treatment was high among rich, urban women with higher education levels.



Conclusion

- Healthy lifestyle choices to relieve menopausal symptoms.
- Education on reproductive and sexual health.
- Promoting awareness for women's health beyond reproductive years via mass media.
- Health care initiatives focussing perimenopausal women rural- Eastern region.



India's health policy should focus on women beyond 'reproductive years' to achieve 'health for all'.