

Knowledge, Attitude and Perception of Perimenopausal and Menopausal Changes in Middle Age Women (40-45 Years) Of Urban Population

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ABSTRACT

Context: Menopause is the period in women's life when menstruation ceases, which is experienced by middle aged women. Perimenopause refers to the time during which your body makes the natural transition to menopause. Today menopause got its importance in the recent trends of life style and health care services. So knowledge and awareness regarding it, is very necessary.

Aims: To study knowledge, attitude and perception of perimenopausal and menopausal changes in middle age women (40-45) years of urban population.

Methods and Material: It was a cross sectional study in urban population (community set-up). 100 female participants between age group 40-45 years having regular or irregular menstrual cycle were asked to fill a self-made questionnaire that was face validated. Descriptive analysis was done

Results: 99% women have heard about the term perimenopause and menopause of which 96% women have knowledge about it. Awareness regarding symptoms of menopause/perimenopause, out of which 46% were aware about the physical symptoms, 84% about the emotional/psychological symptoms, 78% about the hormonal deficiency related symptoms and 92 % about the bone and muscle related problems. 41% women had the knowledge about Hormonal Replacement Therapy. 51% of the women have knowledge about the exercise which helps cope with perimenopause and menopause.

Conclusions: Efforts need to intensify in creating awareness about symptoms, complication and risk factors associated with perimenopause and menopause and importance of exercise as the first line of treatment option to cure the symptoms.

Keywords: Perimenopause, Menopause, Awareness, Knowledge, Symptoms

