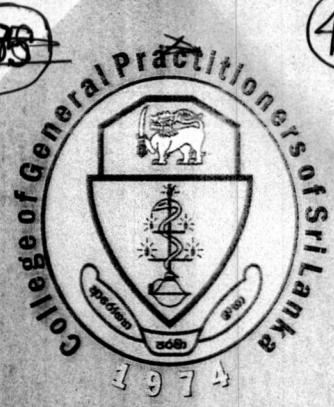


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COLLEGE OF GENERAL PRACTITIONERS OF SRI LANKA

42ND ANNUAL ACADEMIC SESSIONS

2016

PROGRAMME
&
ABSTRACTS

FUTURE CHALLENGES AND THE GENERAL PRACTITIONER

Sports amateurs
 Chronic pain
 Patient complaints
 Professionalism and personal development
 Medical ethics
 Shared
 Quality assurance
 Travel health
 Giving
 Multi-morbidity
 Patients' demands
 Aesthetic medicine
 Health
 Non-communicable diseases
 Smoking
 Mental health issues
 Alcohol
 Child abuse
 Sexual health
 Domestic violence
 Suicide
 Coordinating
 Continuity of care
 Marketing for
 Travel



OR 9

PREVALENCE OF PERI-MENOPAUSAL SYMPTOMS AMONG MIDDLE AGED WOMEN IN THE DISTRICT OF KANDY

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Introduction: Natural menopause happens around 45 to 55 years. It occurs as a result of sex hormone deficiency secondary to natural ovarian failure. During this transition a set of symptoms appear and are called "perimenopausal symptoms". This study was done to describe the prevalence and the severity of peri-menopausal symptoms experienced by midlife women in Kandy District.

Methods: A descriptive community based cross sectional study done from October 2014-September 2015. Women (n=864), between the ages 45 to 60 years, from the district of Kandy were selected randomly using a multistage stratified cluster sampling. An interviewer administered questionnaire and Menopause Rating Scale, a validated tool was used to collect data about the prevalence and severity of peri-menopausal symptoms.

Results: Prevalence of peri-menopausal symptoms 92.6%. The most common subcategory of peri-menopausal symptoms were somatic symptoms followed by psychological symptoms while genitourinary symptoms were least common. The most common four symptoms experienced by the women were joint and muscular discomfort (74.9%), physical and mental exhaustion (61.8%), hot flushes and night sweats (57.2%) and sleep problems (56.8%). Of the women 48.4% suffered from moderate to severe symptoms. Prevalence of vasomotor symptoms was 57.2%. Post-menopausal and perimenopausal women, older women, estate women, muslim women, employed women, lower educated women and women with co morbidities had higher rates of symptom prevalence.

Conclusions: Prevalence of perimenopausal symptoms and severity of them were high among this study population.

Key words: Menopause, Perimenopausal symptoms,

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