



## **NUTRITIONAL SURVEY ON PREVALENCE OF POST MENOPAUSAL SYNDROME IN OLDER WOMEN**

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### **INTRODUCTION :**

Post-menopause is the time after you have been without a menstrual period for 12 month . At this stage in life ,your reproductive years are behind you and no longer ovulating . Once you enter post menopause you are in this stage for the rest of your life . Your hormone levels will remain low and you will no longer have monthly period you cant get pregnant because your ovaries have stopped releasing eggs. Ovaries make very little of both estrogen and progesterone by the time of post menopause. People go through menopause around 51 year of age . .during this stage ,menopausal symptoms such as hot flashes, vaginal dryness ,depression ,dry skin ,weight changes and hair loss are seen . People in post menopausal are at the increased risk of osteoporosis and heart diseases . The symptoms of post menopause can be managed by regular exercise ,meditation and other relaxing activities can help with depression and other side effect of post menopause and eating a diet rich in phytoestrogen such as whole grain cereals , flaxseed ,chickpeas and legumes , reduce the consumption of alcohol and caffeine .

### **OBJECTIVE :**

- To see the prevalence of post menopause syndrome in older woman .
- To understand the symptoms seen in older woman during the post menopausal stage
- To create awareness regarding post menopause and its outcomes .

### **METHODOLOGY:**

A nutritional survey was conducted among 50 post menopausal woman staying in kasaragod with help of pretested questionnaire . Study was undertaken to know symptoms seen in women during post menopause. Google form questionnaire method was taken and they are sent through online.( <https://forms.gle/cYPhTMBitdj9kHfA6>)

## RESULT :

The online questionnaire was formulated answered by 50 older woman, above the age of 50 years . The questionnaire comprised of basic details like age , age they got menstrual period, are they aware of post menopause and health condition after the menopause .

The age ratio of the survey population is as depicted in Graph 1 ,which consissts of 12 % where at the age of 50 years ,6.% of 55 ,4.1% of 52 ,8.2 % of 53 , 10 % of 54 ,12.2% of 55 ,8.2% of 56 ,6.1 % of 56 ,4.2 % of 57 ,4.1 % of 58 , and 6.1% of 60 years.

*Graph 1 : Age ratio of the survey*



The question concerning are they aware of post menopause syndrome 67.3 % answered that they where aware of the post syndrome and remaining 32.7 % had no idea about the post menopause syndrome .

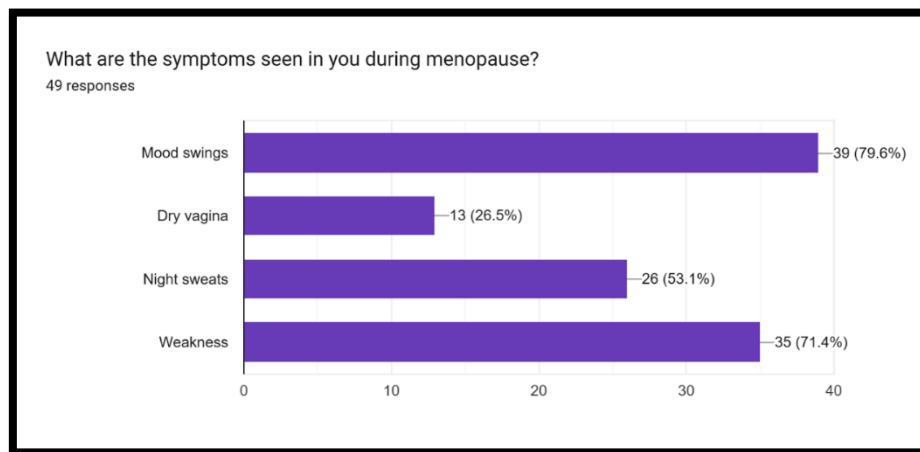
The question where asked the age when they got menopause 67.3% got at the age of 48-50 year, 18.4% at the age of 51-52 ,8.2% at the age of 45-47 and 8.2% at age of 52-54.

The question concerning about the bone related issue like leg pain after the meno pause , majority of woman had bone related issue ,79.6% woman answered yes and remaning 20.4% answered No .

The question where asked after the menopause whether they gained weight ,so the majority of woman 59.2%, gained the after the menopause where as 40.8% did not gain the weight .

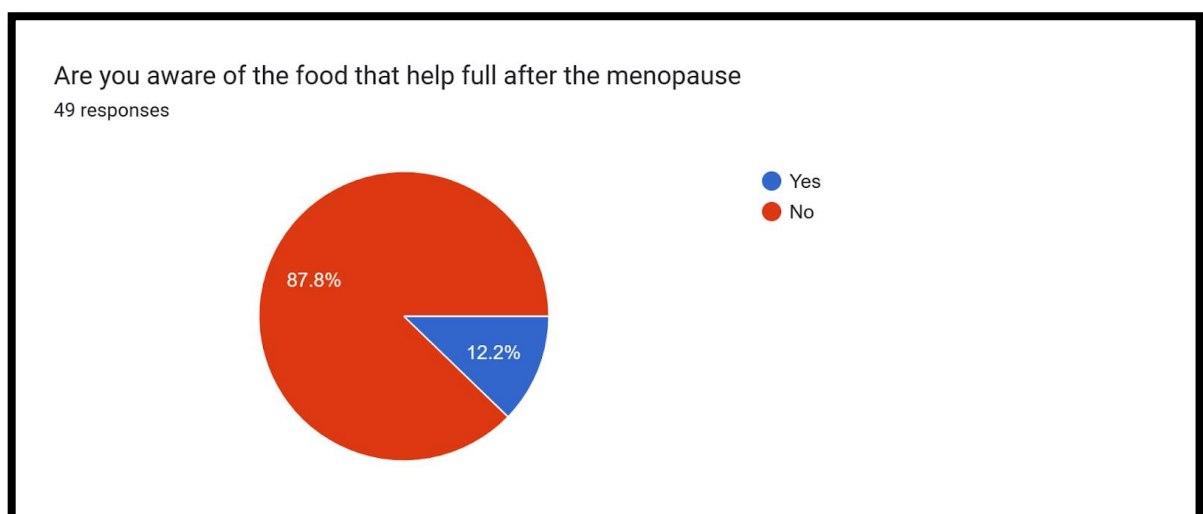
The symptoms seen during the menopause were depicted in graph 2. On asking about symptoms seen during the menopause, 39 % had mood swings, 35 % had mood swings, 26 % has night sweats and weakness, 13 % had dry vagina.

*Graph 2: Symptom seen during menopause*



Based on the food that helps after the menopause, the majority were not aware of the food. 87.8 % answered No, they had lack of knowledge about the food that helps full after the menopause, and 12.2 % were aware of the food. If they have mentioned yes, they should mention the foods; they have mentioned that yogurt, cheese, milk, calcium-rich food, green leafy vegetables are helpful after the menopause. The question concerning about whether they take calcium-rich food in the diet. The majority 69.6% takes calcium-rich food in the diet, and 30.4 % does not include calcium-rich food in their diet.

*Graph 3: Aware of food that helps full after the menopause*



A question where asked whether they checked their calcium level after the menopause the majority of woman 81.6% had never checked their calcium level and 18.4 % had checked their calcium level .

On asking the question does exercise manage your symptoms 63.3% woman somewhat it help to manage their symptoms it does not completely make changes ,16.3% says exercise helps them to manage the symptoms and 20.4 % exercise does not help them to manage the symptoms in them .

A question concerning about health related issue after the menopause 89.4 % where not diagnosed with any health problem and 10.6 % where not diagnosed with health problem such as knee joint pain , blood pressure , heart disease and blood pressure .

### DISCUSSION :

Most of the women are aware of the post menopause syndrome. At the age of 50 most of women reached at the menopause stage . After the menopause stage most womans suffer from bone related issues like pain and most woman gained weight during the post menopause . Most of the womans are unaware of food that help after the menopause. During the menopause stage majority of woman had weakness and mood swings. Exercise did not play a role in managing the symptoms only in small majority exercise helped in managing symptoms . After the post menopause they had never checked the calcium level and they include calcium rich in food . After the postmenopausal majority of woman were not diagnosed with health realted issue in some people blood pressue ,joint pain and heart disease where seen .

### CONCLUSION :

From the studies we can conclude that most woman are aware of the post menopause syndrome. Most woman had bone related issue after the menopause, it may be due to the calcium deficiency and they never check the calcium level after menopause . During the menopause most woman had symptoms of mood swings and weakness. They were unaware of food taken during the post menopause due to lack knowledge or they were not given with proper nutritional programme .They must be properly educated with post menopause syndrome.

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