



NUTRITIONAL SURVEY ON PREVALENCE OF PRE-MENOPAUSAL SYNDROME IN WOMEN OF REPRODUCTIVE AGE

INTRODUCTION;

Pre-menopausal syndrome (PMS) is a natural process caused when the ovaries gradually stop working. Ovulation may become erratic and then stop. Women start pre-menopause at different ages. The symptoms like menstrual irregularity, sometime in 40 s, but some women notice change as early as their mid 30s. The average length of the pre-menopause is about four years. Some people may be in this stage for a few months, while others will be in this transition phase for more than four years. The hormonal changes during pre-menopause are mostly caused by decreasing estrogen level. An ovaries makes estrogen, which plays a vital role in maintaining the reproductive system. Once a women enters the pre-menopause, estrogen levels start to decrease, as estrogen decreases, it throws off the balance with progesterone, another hormone produces by the ovaries. These two hormones together are responsible for ovulation and menstruation. During these stage many women's have experienced symptoms like irregular menstruation, hot flashes, sleep problem, vagina dryness, etc.

OBJECTIVE;

- To know the prevalence of pre-menopausal syndrome in woman of reproductive age and dietary interventions to overcome it.
- To know the amount of knowledge that the woman of reproductive age belonging to age group of 35-50 years have a knowledge about the PMS.

METHODOLOGY;

Cross sectional survey was conducted among 50 individuals of women belonging to the age group of 35-50 years. The questionnaire was formulated and the survey was conducted over online mode with the aid of google forms. (<https://forms.gle/eD8Jy134cYRk28wm9>)

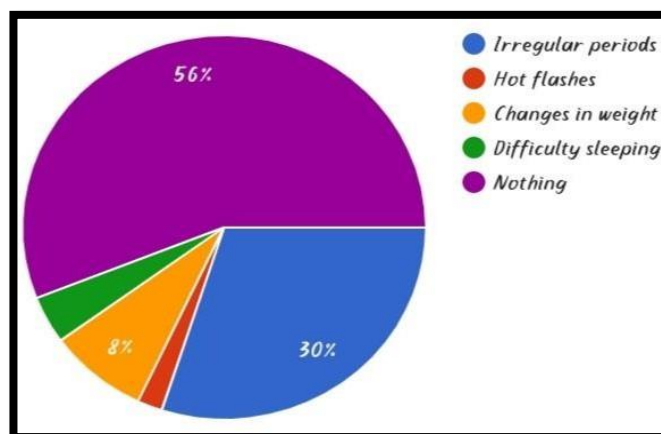
RESULTS;

The online survey was done with women around 35-50 years age group. Which was answered by 50 women. Out of 50 women, 12% of individuals belonging to the age group of 30-35 years, 16% of 36-40 years, 38% of 41-45 years and remaining 34% of 46-50 years of age. 15% of the women not knowing about pre-menopausal syndrome and 85% of women knows.

On asking about age of their age of menarche, 40% of 12-14 years, majority of about 50% of women have answered 15-17 years, 10% of 18-20 years. Out of 50 women 50% were in pre- menopausal stage. 18% of women were through menopause and 30% of women were undergoing menopause.

On asking about symptoms during pre-menopausal stage, 4% of women answered difficulty in sleeping, 4% of hot flashes, 8% of changes in weight, 56% of irregular periods and 30% of women did not had symptoms. During pre-menopausal stage 40% of women were feel messy and remaining 60% were normal.

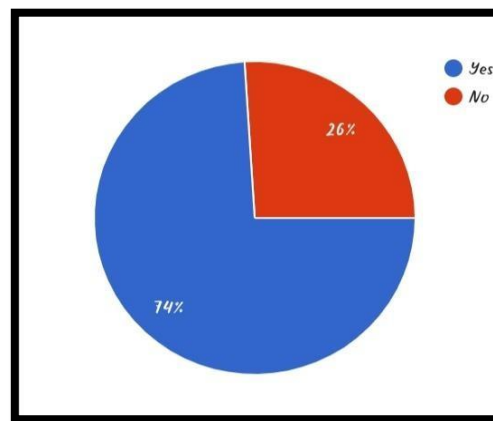
Graph 1 :Symptoms of pre-menopausal syndrome



On asking about weight changes during pre-menopausal stage, 14% of women were lost weight, 22% of women gained weight and remaining 64% of women were stable. Irregular periods in women started at different age groups, 24% of women at 36-40 years, 48% at 41-45 years and 28% at 46-50 years.

74% of women experienced muscle and joint pains and remaining 26% were answered no. On asking about tiredness, 74% of women experienced tiredness and 26% of women were answered no. On asking about avoiding food, majority of the women were not avoiding any food but few women avoiding because of weight gain. 90% of the women didn't do the changes in diet and 10% of women were changed.

Graph 2 Graph showing the muscle and joint pain in pre-menopausal women



On asking about medications, 92% of women were not taking any medications and 8% of women taking calcium supplements and peanut. Most of the women about 80% were not visited gynecologist whereas 20% were visited.

DISCUSSION;

Pre-menopause is a natural part of aging. Which is increasingly a midlife stage. Pre-menopause is an unavoidable change that every woman will experience. During this stage many symptoms can occur such as, hot flashes, vaginal disturbance, sleep disturbance, cognitive disturbance, weight gain, etc. Treatment and lifestyle changes may help with pre-menopausal symptoms. During pre-menopausal transition and afterwards hormones changes can raise the risk for certain health problems such as, cardiovascular disease and osteoporosis.

CONCLUSION;

Nutritional survey on prevalence of pre-menopausal syndrome in women of reproductive age was done with 50 individuals. From this survey we got to know that, majority of the women had moderate knowledge on pre-menopausal syndrome. Which can start at different age groups and even symptoms are not same for all. The most common symptoms are irregular periods and sleeping problem. After 40 joint pain, lack of energy, weight gain is common in women's. Few women are taking calcium supplements, peanuts. Due to lack of knowledge some women's are not concentrating on symptoms.

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