



STUDY OF PREMENOPAUSAL SYMPTOMS IN MIDDLE AGE WOMAN

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ABSTRACT Menopause is a natural biological process and a turning point of woman's life. It includes three stages premenopause, Menopause and post menopause. Premenopause is a condition, when a woman has usually no symptom of Menopause, only the length of the cycle is slightly changed and a woman may experience some symptoms such as hot flashes, anxiety, depression, fatigue and insomnia etc. This study is an attempt to find out the symptoms associated with premenopausal condition. 60 premenopausal women were selected for the study. The study revealed that 80% women experienced hot flashes, 85% mood swings, 81.7% sudden feeling of palpitation and 71.7% insomnia.

KEYWORDS :Premenopause, palpitation, Insomnia , Mood swings.

INTRODUCTION:

Premenopause is a condition, when a woman has usually no symptom of Menopause, only the length of the cycle is slightly changed and a woman may experience some symptoms such as hot flashes, anxiety, depression, fatigue and insomnia etc. Middle age is the turning point of individual's life.

Menopause is the stage of life not a disease or illness. Some of the associated changes and Hormonal factors during this period may create some discomfort.

Every woman experiences menopause in a different way. Menopausal transition includes three stages premenopause, Menopause and Post menopause.

Menopause usually lasts for approximately 7 years but may continue for longer or shorter period also. This period is also known as critical period of life because a woman has multiple responsibilities such as to take care of aging parents, new responsibilities at work place, look after adolescent children who are attaining adulthood etc. All these factors affect the quality of life.

During this period less Estrogen is produced but pregnancy is still possible. Our Endocrine system produces Hormones. During Pre menopause also this system tries to rebalance them, but under pressure to cope up with the changes of our body during this climacteric. Our body gives symptomatic indication that we must start making life style changes.

As soon as we realize that we are in a Premenopausal state we must start taking care of our health so that its impact on health can be minimized and we can lead second half of life with good health and happiness.

Aim:

This study is an attempt to find out the symptoms associated with premenopausal condition.

Methodology:-

60 premenopausal women were selected for the study. Menopausal symptoms in premenopausal women (N= 60) were assessed with the help of structured questionnaire. To compare the response of subjects on each subject in the form of "Yes" or "No", chi square test (χ^2) was used. With the help of chi square test, difference in premenopausal symptoms expressed by selected subjects were compared. The degree of freedom for chi square was 1 and the table value is 3.84 at .05 of statistical significance. When calculated χ^2 value exceeds the table value it is statistically significant at .05 level denoting that there exists a significant difference in two set of responses.

Hot flashes:

Hot flashes are experienced by 80% of woman but they are mild. Women with high body mass Index reported more hot flashes. Frequency distribution related to hot flash reveal that 80% experienced

hot flash while 20% reported no such symptom. χ^2 value of 21.6 confirm this fact that majority of the premenopausal women experience hot flash. A hot flash is sudden feeling of heat in the body with irregular or increased Heart rate (Palpitation). A woman who experiences hot flashes earlier in Menopause transition suffer for prolonged period Some women experience hot flashes occasionally but other many times a day which make them uncomfortable. Although they are not harmful but sometime interfere with day to day life.

Mood Swings:

85% women experienced mood swings. Estrogen regulates many Hormones that improve mood such as Serotonin, Norepinephrine and Dopamine (Neurotransmitter). Other factors for Mood swings include Insomnia, Aging process, Stress related to children and their own future. "Majority of women experience sudden mood swings without reasons," frequency distribution reveals that 85% experienced sudden mood swing without any particular reason while 15% reported sudden no such symptoms. χ^2 value of 29.4 confirm this fact that majority of the premenopausal women experience sudden mood swing without any reason. Burnout is also a psychological response to work related stress. Balancing hormones through life style changes can control our mood. Stressful life events, poor economic status, Improper social support and poor educational status are also responsible for this condition. According to our study 81.7% reported sudden feeling of palpitation and nervousness while 18.3% did not report this symptom. χ^2 value of 24.06 confirm this fact that majority of subjects experience sudden feeling of palpitation of nervousness during premenopausal stage.

Insomnia:

Insomnia is associated with other problems as anxiety, stress, tension and depression. According to studies elevated LH level is responsible for poor sleep quality. This hormone increases body temperature through thermo regulatory mechanism (murphy).

Insomnia is observed in 71.7% women. According to Denner stein Let.al (2007) Changes in sleep pattern progresses as women enter the age of Menopause. Frequency distribution related to sleeplessness reveal that 71.1% subjects were suffering from insomnia while 28.3% reported no such symptoms. χ^2 value of 11.2% also confirm this fact that majority of the premenopausal women experience Insomnia during menstrual cycle.

Vaginal dryness:

According to Green, R. (2010) Vaginal symptoms are usually observed in early phase of transition. Vaginal dryness was observed in 21.7% premenopausal women this causes Dyspareunia (Pain during sex). This requires proper treatment because this can improve with increase in age. Vaginal dryness 21.7% experience dryness in vagina while 78.3% reported no such symptoms. χ^2 value of 19.2 also confirm this fact that majority of the pre-menopausal women did not experienced dryness in vagina.

To overcome the effect of Menopause are must adopt certain strategies with life style modification we must get ourselves ready for this phase

of life physically and mentally right from the early age by

- (a) Maintaining a healthy weight
- (b) Regular exercise like Brisk Walking, Cycling, Swimming and Dancing for maintaining Cardiovascular health.
- (c) Maintaining good eating habits and taking a balanced diet with whole grains and enough vegetables to maintain normal body functions and Hormonal balance.
- (d) Reducing stress by Yoga, Meditation, Reading book or Listening to music. To solve problems related to sleep we must maintain a regular sleeping habit and avoid taking caffeine which is a stimulant. Diet can be modified by eating less saturated fat, including lean meat dairy products with low fat, reduction in the quantity of salt and Including oily fish etc.

CONCLUSION

1. Distribution of responses on experiencing/not experiencing symptoms Forgetting, Headache, Cold Sweats, Weight change, Sudden Weight Gain, Dizziness, Problem in Urine control did not differ significantly among Premenopausal Women.
2. Majority of the premenopausal women reported symptoms such as Joint pain, Stress, Irritation, Hot flashes, sudden feeling of Palpitation and Nervousness sudden Mood swing, Musclep ain and, Insomnia respectively.
3. Majority of the premenopausal women did not have symptoms such as electric shock type Sensation in skin, Stickiness in the skin, Skin rashes, Problem of Sweating and Dryness in the vagina respectively.
The majority of symptoms identified in premenopausal women were Stress, Irritation, Hot flashes, sudden feeling of Palpitation and Nervousness, sudden Mood swing, etc.

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