Health Implications of Menopause: Quality in Longevity?

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1. Introduction:

In India, at some point after forties, a woman enters into the third phase of her life. This phase of life is generally ignored and she chooses to mourn silently. A woman is given adequate care from teen till reproduction and over the past one decade policy makers are seized with the issue of protecting the right of the elderly i.e. from pension and health welfare benefits to reproductive and sexual rights. However there exists a glaring gap in health issues for women in their forties and fifties till they cross over to the elderly. This group has been totally overlooked by the policy makers, as they cross the boundaries of reproduction and does not fall under old age.

During the middle age, physiologically, menopause is the most notable event for women. Although, it is true that menopause is a natural phenomenon but it is the fact that menopause has been listed as a *Disease* in International Classification of Diseases – 9 & 10, Disease Data Base, e-Medicine, and Medical Subject Headings. It supposedly alters the function of human body resulting in menopausal symptoms termed as 'menopausal syndrome'. Menopausal symptoms aggravate, if women undergoes hysterectomy or early menopause.

With an increased life expectancy, women in developed countries now live approximately more than one third of their life after ovarian failure (Luzuy & Campana 2004). The average life expectancy for a woman in the developed countries ranges be tween 80 to 85 years and in developing countries between 60 to 70 years. The average age at menopause is approximately 50 years (WHO 1996); with a possible wide variation between developed and developing countries. In 1990, there were 467 million women aged 50 years and above (40 per cent of these women live in the developed regions while 60 per cent in the developing countries) globally. This global figure is expected to rise to 1200 million by the year 2030 where as the proportion of postmenopausal women living in the developed region is expected to decline to 24 per cent causing an alarming situation for developing countries (WHO 1996). Population of post-menopausal women ranges between 5 to 8 per cent, which makes up a relatively small proportion of the population in developing countries. Whereas, in industrialized countries, it makes-up over 15 per cent of the total population. By 2030, this proportion is expected to increase drastically everywhere around the world. Therefore, indicating the immense need of public health system for post-menopausal women.

In India, the age at menopause was reported between 43 to 47 years, much lower than the international average (MacMohan et.al 1966, Singh et.al. 1969). Based on the literature, it may be said that almost all women living beyond age 45 years experience menopause. The proportion of women aged 45 years and above was 18.6 per cent with the absolute number of 92,201,360 according to 2001 Census. According to Sample Registration System 2001, the average life expectancy at birth of an Indian woman was 63.3 years. The life expectancy at the age of 45 – 50 years was more than 30 years. It indicated that if the average at menopause in India is 45 years, an Indian woman will approximately survive nearly for 30 years after attaining menopause. A rise of four years in the life expectancy at birth of an Indian woman could be observed from 1970-75 to 1997-2001. This recent increase trend in life expectancy

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adds to the complexity. Since ancient times, the age of 45 was considered old; today it marks the beginning of the period we call midlife-menopause.

2. Objective:
The paper attempts to understand the prevalence of non-communicable diseases and menopausal syndromes among post-menopausal women. The paper also tries to access the treatment seeking behaviour for the health problems.

3. Methods
A community-based retrospective study was conducted on 2,600 households from 6 wards of district Moradabad in Uttar Pradesh, India under a PhD Project. Nearly 370 women with menopause were identified during the house listing. Final interviews were conducted with 247 menopausal women less than age 50 years. Open-ended questionnaire was used for data collection.

The General Health Questionnaire and list of menopausal symptoms were used to assess the health status of the post menopausal women. The components of health status were General Health Problems, Psychological Symptoms, Psychosomatic Symptoms, Vasomotor Symptoms, and Urinary Symptoms.

Bi-variate, descriptive and factor analysis were used for data analysis.

The definition of menopause considered in the present study is "the permanent cessation of menstruation resulting from either the loss of ovarian failure or removal of uterus. Particularly, the defined sets of definition in the study are follows:

Natural Menopause: The permanent cessation of menstruation resulting from the loss of ovarian follicular activity followed by 12 months of consecutive amenorrhea (WHO).
Hysterectomy: The cessation of menstruation followed by either surgical removal of uterus or bilateral orphectomy.

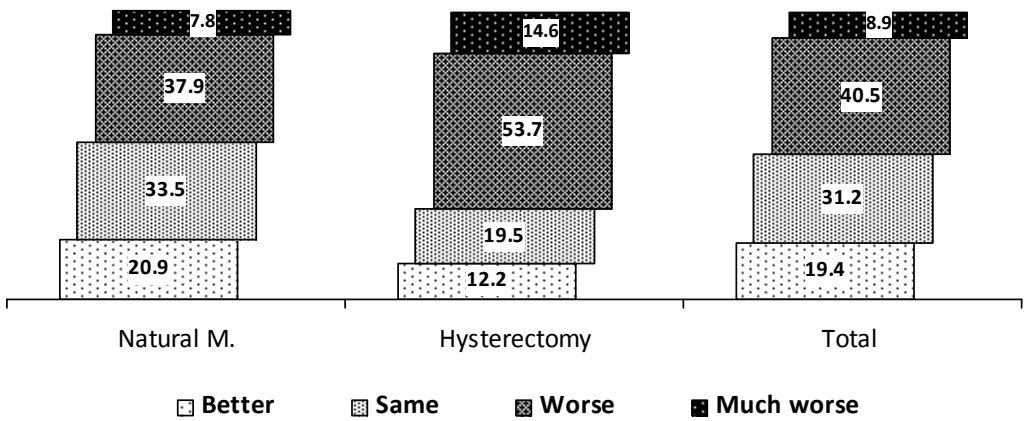
The Sample:
In the sample of 247 menopausal women, a majority (206, 83 per cent) attained menopause spontaneously (natural menopause); while 17 per cent of women experienced menopause after undergoing hysterectomy. The median chronological age in the sample of natural menopausal women was 48 years with a mean of 47 years. For hysterectomized women, median chronological age was 47 years with a mean of 44.6 years.

4. Results
Age at Menopause:
The mean age at natural menopause in the sample was 41.6 years. The mean age at hysterectomy was 39.7 years.

General Health Status and Perceived Health Status:
In order to assess the overall health status of women, 28 item General Health Questionnaire (GHQ) has been used. The questionnaire focuses on the hinterland between psychological sickness and health. It concerns itself with two major classes of phenomena: namely, 1) the inability to carry out one's normal 'healthy' functions, and 2) the appearance of new phenomena of a distressing nature (Goldberg & Blackwell, 1970; Wing et al. 1977).

Perceived health status of women was assessed by the question i.e. have you recently been feeling good and perfectly well in health, the first question from the General Health Questionnaire. Replies to this question were standardized as, "good, better, worse and much worse". Half the respondents reported their health to be in 'worse or much worse' state compared to other half of women expressing their health to be 'better than earlier' or 'the same as usual'. The question was cross tabulated with type of menopause. A majority of respondents under the hysterectomized category avowed themselves to develop 'worse' health as compared to before hysterectomy, where as more than half of the women who attained natural menopause felt that their health improved after attaining menopause.

Figure 1. Perceived Health Status by Type of menopause, Moradabad, India (per cent)



More than half of the women were assessed with the high score (poor health) on General Health Index in the sample indicating that perceived health status was in corresponds with the General Health Index. Distribution of the four subscales illustrated that the somatic symptoms were highly prevailed among the respondents (Table 1).

Table 1. Per cent of ever married women aged 27-52 years by General Mental Health Index (High Score) according to Type of menopause.

Characteristics	Somatic complaints	Anxiety and Insomnia	Social Dysfunction	Severe Depression	General Health	N
Type of menopause						
Natural Menopause	53.9***	53.4	26.2*	37.9	50.0**	206
Hysterectomy	90.2	63.4	43.9	41.5	73.2	41
Total	59.9	55.1	29.1	38.5	53.8	247

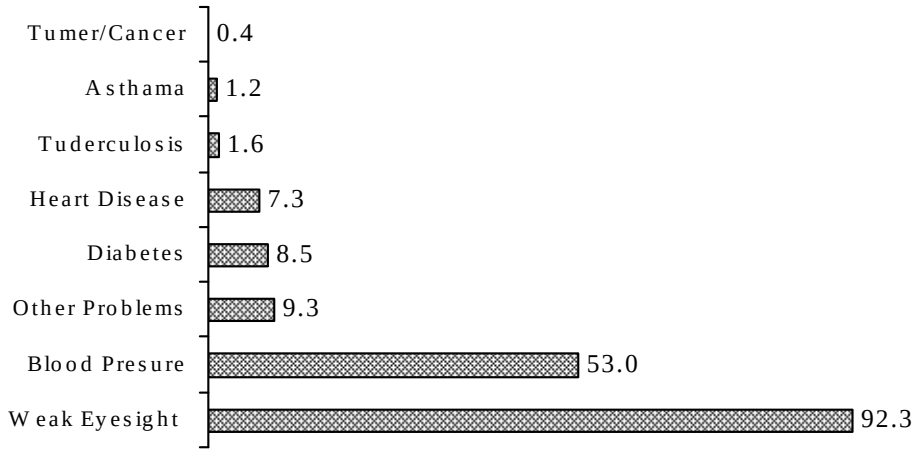
Significant level Chi-square : ** p<.001; * p<.05

Allocation of the general health score by the type of menopause specified that hysterectomy aggravated the chances of being in poor health status. Hysterectomised women were scaled with high score on every sub-scale. The difference was statistically significant on the sub-scale of somatic complaints and social dysfunction.

General health problem

Figure 2 indicates the prevalence of self reported general health problems among the menopausal women. Poor eyesight emerged to be the most prominent health problem (92 per cent) among all menopausal women. However, this was as low as 25 per cent before menopause. Blood pressure (reported by respondent, as per doctor's verification) was also prevailed amongst more than half of the respondents.

Figure 2. General Health Problem (per cent)



The poor eyesight existed significantly on the higher side among natural menopausal women in comparison to hysterectomized ones. A higher proportion of hysterectomized women were patients of diabetes as compared to women with natural menopause. Eight per cent of natural menopausal women suffered with heart diseases in contrast to hyseterctomised ones (2 per cent). Amplification in the age of respondents extended the chances of suffering from the heart disease.

Treatment seeking

Overall, 63 per cent of women suffered with one or other general health problem apart from weak eye sight during the time of survey. Of these, a majority sought treatment for their ailments. Treatment seeking from an allopathic doctor was quite high. Twelve per cent women visited a homeopathic doctor for consultation and treatment. Only a small proportion of the respondents visited both allopathic and homeopathic doctors simultaneously (Figure 3.i and 3.ii).

Figure 3.i. Proportion of women suffered from Ailments

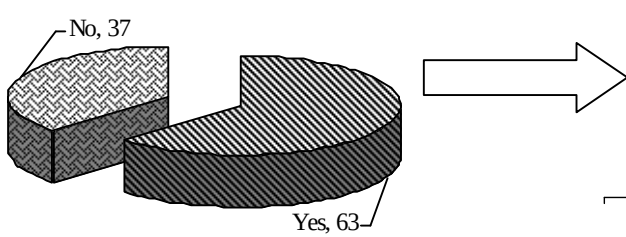
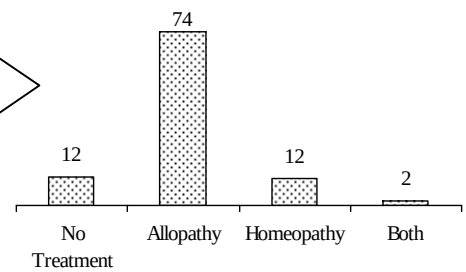


Figure 3.ii: Type of treatment taken for one or other general health problems



Menopausal Syndrome and Treatment Seeking

The factor analysis has been carried out on 41 symptoms to identify the underlying variables/factors that explain the pattern of correlations within a set of observed variables. Of a total of forty-one, five symptoms related to sexual dysfunctions were kept separated. Of the remaining 36 symptoms, three factors were extracted by the software with variance of 37 per cent, Psychological Symptoms, Psychosomatic Symptoms, and Vasomotor and Urinary Symptoms.

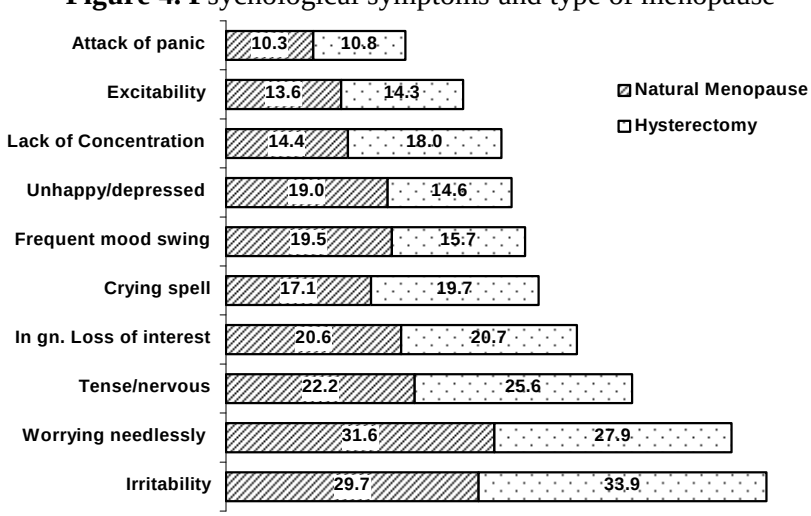
There were 10 symptoms, which have been identified as psychological ones (Table 2). Irritability and worrying needlessly were highly prevailed among more than 60 per cent of women. Attack of panic and excitability were the least. Very few women considered that these symptoms may be associated with the hysterectomy or menopause. Majority viewed that these symptoms occurred because of increasing responsibilities towards children and house. Treatment seeking for the psychological symptoms was not there.

Table 2. Psychological symptoms and Treatment Seeking

Psychological Symptoms	*% Suffered*	*Associated with H or M*	*Treatment Taken*	
			%	N
Attack of panic	21	17.9	0.0	0
Crying spell	37	14.7	1.1	1
Excitability	28	4.3	0.0	0
Frequent mood swing	35	11.5	0.0	0
In general loss of interest	41	10.8	1.0	1
Irritability	64	14.5	1.3	2
Lack of Concentration	32	19.8	1.2	1
Tense/nervous	48	9.3	0.8	1
Unhappy/depressed	34	6.0	0.0	0
Worrying needlessly	60	8.8	1.4	2

Irritability, tense/nervous, crying spell, lack of concentration, excitability, and attack of panic were highly prevailed among hysterectomized women. However worrying needlessly, frequent mood swing, unhappy/depression were the symptom, which were on the higher side among natural menopausal women (Figure 4).

Figure 4. Psychological symptoms and type of menopause



Next 16 symptoms were categorized under psychosomatic symptoms. Nearly 80 per cent of the women felt energy loss or tiredness all the time. Muscle and joint pain was also one of the major health problems among the respondents. Headache, heart beating quickly or strongly, weight gain, back pain, pressure in head/body and dizzy/faint feeling were the other symptoms of poor health, which prevailed among more than half of the women. A good proportion of women considered the physical symptoms largely associate with hysterectomy or menopause. Weight gain and lack of energy or feeling tired all the time were the symptoms, for which more than 30 per cent of the women considered that they were

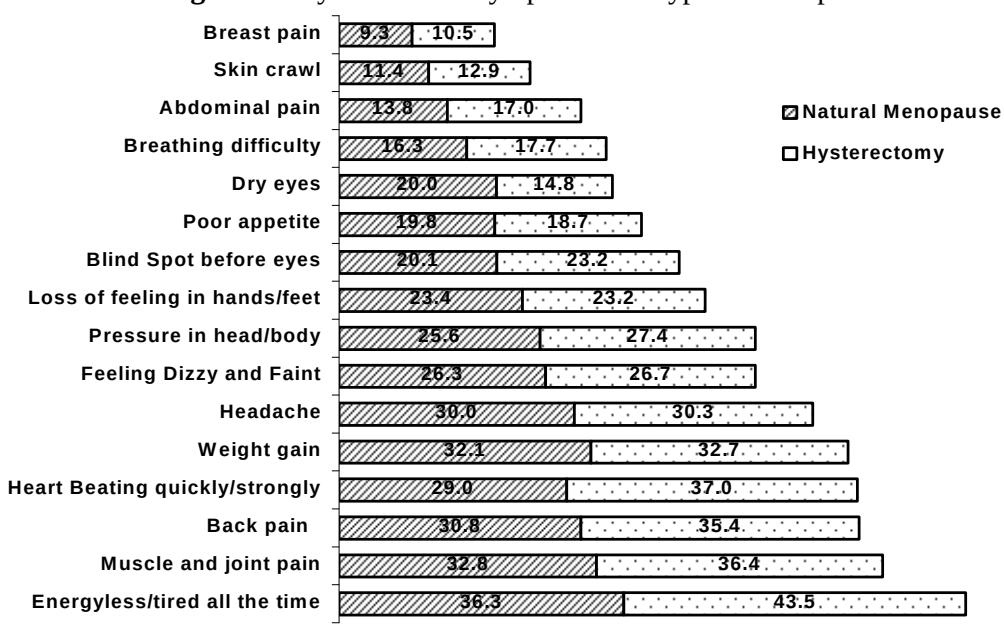
associated with menopause or hysterectomy. Treatment seeking for the symptoms associated with the physical health also existed. Treatment seeking for the symptoms associated with blood pressure and diabetes (such as burning sensation during urination, frequent and painful passage of urine, breathing difficulty, energy less/tired all the time, feeling dizz y and faint, heart beating quickly/strongly, and headache) was higher as compared to other symptoms. Majority of the women sought treatment from the allopathic practitioners (Table 3).

Table 3. Psychosomatic symptoms and treatment seeking

Psychosomatic Symptoms	*% Suffered*	*Associated with H or M*	*Treatment Taken*		*Allopathic*
			%	*N*	
Abdominal pain	31	21.7	20.5	17	64.7
Back pain	66	14.0	10.4	17	64.7
Blind Spot before eyes	43	23.1	15.7	17	94.1
Breast pain	20	18.9	20.8	11	100.0
Breathing difficulty	34	16.5	24.7	21	90.5
Dry eyes	35	17.2	13.8	12	100.0
Energy less/tired all the time	80	34.3	8.1	16	81.3
Feeling Dizzy and Faint	53	16.2	43.0	58	84.5
Headache	60	17.4	25.7	38	89.5
Heart Beating quickly/strongly	66	29.7	14.5	24	95.8
Loss of feeling in hands/feet	47	20.7	19.0	22	77.3
Muscle and joint pain	69	26.6	28.9	50	80.0
Poor appetite	39	12.5	7.3	7	100.0
Pressure in head/body	53	18.8	29.5	39	87.2
Skin crawl	24	16.1	3.2	2	100.0
Weight gain	65	38.5	1.2	2	100.0

Figure 5 represents the adjusted figure for the psychosomatic symptoms by type of menopause. For all the symptoms, hysterectomized women suffered in greater proportion as compared to natural menopausal women.

Figure 5. Psychosomatic symptoms and type of menopause



Eight symptoms were classified as vasomotor and urinary symptoms. Forty seven per cent of women suffered with hot flashes after hysterectomy or menopause. Hot flashes was highly prevailed symptoms among hysterectomized women as compared to natural menopausal women. Similar is true with the sweating at night. Urinary symptoms were also highly prevailed among menopausal women. Except, hot flushes, incontinence, frequent and painful passage of urine, very few women considered the other symptoms associated with the hysterectomy or menopause. Treatment seeking was higher for the symptoms associated with urination as compared to vasomotor (Table 4).

Table 4. Vasomotor and Urinary symptoms and Treatment Seeking

Vasomotor and Urinary symptoms	*% Suffered*	*Associated with H or M*	*Treatment Taken*		*Allopathic*
			%	*N*	
Abnormal vaginal discharge	23	18.5	19.4	21	71.4
Burning sensation during urination	31	16.1	20.7	18	66.7
Frequent and painful passage of urine	40	21.9	15.2	16	62.5
Hot flashes	47	24.8	5.9	7	71.4
Incontinence	36	21.7	8.7	8	25.0
Sweating at night	38	16.8	4.2	4	75.0
Vaginal itching or discomfort	24	19.7	17.1	13	69.2

Urinary symptoms were slightly on the higher side among hysterectomized women as compared to menopausal women (Figure 6).

Figure 6. Vasomotor and Urinary symptoms by type of menopause

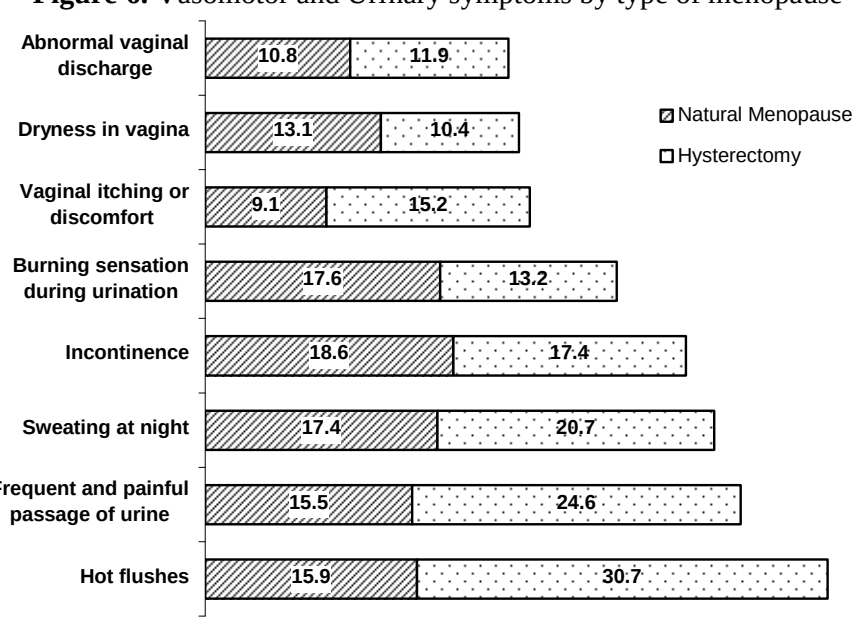


Table 5 presents the mean score for every index according to the type of menopause. Women with hysterectomy suffered slightly more than natural menopausal women on all the indices. Specifically, an average of 14 psycho somatic symptoms was reported by hysterectomized women compared to 12 by natural menopausal women. Hysterectomized women had an

average of 3.2 vasomotor and urinary symptoms and natural menopausal women suffered with 2.5 symptoms.

Table 5. Mean of group of each sub-scale of the short scale

Factors	***Natural Menopause***		***Hysterectomy***	
	Mean	***SD***	***Mean***	***SD***
Psychological symptoms	4.5	3.2	4.7	2.7
Psychosomatic symptoms	12.2	6.6	13.9	5.2
Vasomotor and urinary symptoms	2.5	1.9	3.2	1.6

5. Conclusion

On the basis of the analysis, it can be said that menopause poses a big challenge during middle ages and to the healthy aging of a woman. Majority of the women suffer with one or another symptoms associated with menopause or aging. To be truly healthy an Individual needs not to be only healthy on the physical level but also on the psychological level. Quite a large proportion of women suffered with psychological symptoms. Blood Pressure was prevailed among more than 50 per cent of women. More than half of the women were having problem associated with weight gain, pressure in head/body, muscle and joint pain, energy less/tired all the time, feeling dizzy and faint, headache, heart beating quickly/strongly, back pain, worrying needlessly and irritability. Whereas majority of the women consider that the symptoms were the result of their growing age and increasing responsibilities instead of menopause or hysterectomy. Therefore there exists the negligent attitude of women towards their health and the neglected treatment seeking for the same. Women do not prefer to seek the treatment for psychological symptoms. Treatment seeking for the symptoms associated with blood pressure and diabetes (such as burning sensation during urination, frequent and painful passage of urine, breathing difficulty, energy less/tired all the time, feeling dizzy and faint, heart beating quickly/strongly, and headache) was on the higher side as compared to other symptoms.

Women with bulk of morbidities during middle ages, and without any treatment move to fourth phase of their life (oldies). A multidisciplinary approach towards studying menopause related problems needs to be adopted. The health care services that women require and the diseases, to which they are susceptible, vary with the stages of life. On the other hand women seem utterly negligent of their health. They usually turn to medical services when it is too late and their health problems have become chronic or irreversible. A lack of interpersonal communication between doctor and the patient also existed in the system.

With the increase in life expectancy, population in the elder ages is escalating. Along with, various concerns associated with the health of elderly people are emerging. Therefore it is time to shift the focus of public health to address the emerging health issues of middle aged women and to fill the know-do gap. Strong emphasis needs to be laid to improve medical facilities to impart better services in accordance with changing need of women and to fill the know-do gap. There is a need to improve the understanding of health of menopausal women and to develop health promotion for women and methods to prevent symptoms of menopause and in the end enlist themselves as sick in health. Therefore, indicating the urgent need of managing health of middle aged women.

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