

EFFECT OF OBESITY ON MENOPAUSAL SYMPTOMS IN POSTMENOPAUSAL EGYPTIAN WOMEN

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Background: Menopausal symptoms are major concerns of postmenopausal women. It is important to develop factors affecting symptoms frequency and severity; menopause is associated with an increased prevalence of obesity.

Aim: The aim of this study was to investigate the effect of body mass index on menopausal symptoms among menopausal women.

Methods: A cross-sectional study conducted at a total of 240 menopausal women aged 45 to 55 years were recruited, and the body mass index was determined. Participants were divided into three groups (normal, overweight and obese). Menopausal status was assessed with the menopause rating scale (MRS) questionnaire. Total (MRS) scores were obtained and correlated to BMI.

Results: A significant increasing trend in the total menopause rating score (MRS) was observed from normal through overweight to obese participants ($p=0.001$). As for somatic subscale, we found that frequency of hot flashes, sweating, sleep problems, joint and muscular discomfort increase significantly with BMI ($p=0.001$). Also, depressive mood and irritability was found to be related with larger BMI ($p=0.002$). Regarding urogenital subscale, it was found that sexual and bladder problems increase significantly with higher BMI ($p=0.003$).

Conclusion: These results showed that a higher total subscale score and a higher frequency of somatic, psychological, and urogenital subscale with higher body mass index. So, we conclude that increased body mass index was associated with higher prevalence of menopausal symptoms among menopausal women.

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