

“Abstracts submitted for SAFOMS - MENOSOC 2021”**Association between sexual frequency and the age of natural menopause among post-menopausal women attending gynaecology clinic at Castle Street Hospital for Women, Colombo.****Ranatunga RMDB¹, Lanerolle S¹,
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Key words

sexual frequency, age at natural menopause
(ANM)

Objectives

It is reported in the literature that married women reach menopause later than the unmarried. Sexual activity is hypothesized to a mediator between marital status and the age of natural menopause (ANM). In this study, we attempted to find out whether there is a relationship between sexual frequency and ANM.

Method

66 married women, aged between 40-55 years, attending gynaecology clinic at Castle Street Hospital for Women, who had previous regular cycles and experienced their last menstrual period 12-18 months prior, were questioned regarding the ANM and their frequency of sexual intercourse during the past 12 months.

Results

The mean ANM of the study population was 49.17. Values of 32 (48.48%), 22 (33.33%), 10 (15.15%) and 2 (3.03%) were obtained in response to sexual

intercourse frequencies; ‘not at all’, once/twice a month, once a week and more than once a week, respectively. Of the 34 (51.52%) women who had attained menopause at or past 50 years, responses were; 18 (52.94%) not engaging in sex at all, 12 (35.29%) once/twice a week, 4 (11.76%) once a week and none with a frequency of more than once a week. Only 5 (7.58%) of the population had reached early menopause, between 40-44 years.

Conclusions

Although it is hypothesized to be an association between the sexual frequency and the ANM, in our study, majority of women attaining menopause at or past 50 were in the ‘not at all’ response group. The cultural mindset of refraining from sex past middle ages, genetic variations and lesser sample size could be the possible reasons for the non-replication of the results obtained in Western countries.