



## “Abstracts submitted for SAFOMS - MENOSOC 2021”

### Challenging life: Health related issues faced by the postmenopausal women in urban settlement communities, Colombo, Sri Lanka

Subasinghe SAYN<sup>1</sup>

<sup>1</sup> Lecturer, Department of Demography,  
University of Colombo, Sri Lanka

**Corresponding Author** - Subasinghe SAYN

**Email** - yuganthi@demo.cmb.ac.lk

#### **Key words**

postmenopausal women, health related issues, urban settlement communities

#### **Objectives**

The menopause is a normal biological process that all women reaching a certain age will undergo. In Sri Lanka, women spend more life expectancy than males, and they spend more than twenty years in their postmenopausal life. This is the most challengeable time period of women's life cycle as they have to bear the physical and psychological impact of menopausal symptoms together with the health-related issues of aging. Therefore, this paper examines health related issues among the postmenopausal women focusing on, (a) postmenopausal symptoms, (b) physical health issues, (c) mental related health issues and (d) their health behavior related issues.

#### **Method**

The study uses both quantitative and qualitative data gathered through a questionnaire and case studies. The random sample of 400 postmenopausal women (ages 50-64), were selected from urban settlement communities in Colombo. The findings were presented by descriptive and chi-square analyses.

#### **Results**

The results revealed that all the respondents have reported more than one menopausal symptom and the common symptoms that they faced were dizziness (11.3%) and sleeping disturbances (9.7%). The prevalence of diabetes (22.3%) and high blood pressure (19.4%) were high among the respondents. Obesity was a significant issue as there were more than 25% obese women. Psychologically, the respondents were faced issues related to memory loss (28.3%) and feeling anxious (28.0%). The health behavior related factors were significantly associated with the health issues faced by the postmenopausal women.

#### **Conclusions**

The findings suggested that menopausal aged women need to be given attention when planning health care needs for older women.