

“Abstracts submitted for SAFOMS - MENOSOC 2021”**Prevalence of medical illnesses among postmenopausal women attending the gynaecology clinic of Castle Street Hospital for Women, Sri Lanka.****Ranatunga RMDB¹, Lanerolle S¹**

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Key words

postmenopausal, non-communicable diseases

Objectives

Menopause marks the cessation of ovarian function which paves the way to increased risk of diseases including cardiovascular diseases. It is imperative to educate the females regarding the risks and primary prevention of such diseases. For that purpose, the rate of the existence of such illnesses should be determined. This study aims to analyse the prevalence of certain diseases among postmenopausal women.

Method

102 women between 45-60 years of age who had reached menopause within the last 10 years were chosen as the study population. The rates of medical/psychiatric illnesses diagnosed among them following menopause were calculated. The data were obtained via an investigator – study subject interview.

Results

The most prevailing non-communicable diseases among the study population were diabetes mellitus; 42 (41.17%) and hypertension; 38 (37.25%).

Heart diseases were diagnosed among 11 (10.78%) with 7 (6.86%) having coronary vascular disease. 32 (31.3%) had osteoporosis diagnosed radiologically. Migraine affected 21 (20.58%), while 2 (1.96%) had experienced a stroke or transient ischaemic attacks. 18 (17.64%) were with recurrent urinary tract infections (UTI), 5 (4.90%) with cancer, 4 (3.92%) with Chronic obstructive pulmonary disease, and 6 (5.88%) with bronchial asthma. Of the psychiatric disorders, 8 (7.84%) were diagnosed with depression while only 1 (0.98%) had dementia.

Conclusions

The rates of non-communicable diseases among the postmenopausal study population were significant. The most common diseases were diabetes mellitus, hypertension, and migraine. Recurrent UTI was also observed to be a commonly encountered medical issue.