

# **A STUDY ON THE AWARENESS OF MENOPAUSAL WOMEN ABOUT SYMPTOMS OF MENOPAUSE, ITS COMPLICATIONS AND HORMONE REPLACEMENT THERAPY IN ALSAHAFI BLOCK 40**

## **Abstract**

This is a descriptive community based study conducted during the period between August and October 2008. The data was collected from 100 perimenopausal women residing Alsaafa block 40 in Khartoum State.

The objectives of the study were to explore the level of their awareness and knowledge about the menopausal process with focus on symptoms, complications and HRT( Hormone Replacement Therapy) and to see if there is any relationship between the age and educational level of the women and the above mentioned variables.

In order to achieve that a structured interview using questionnaire was used to assess their knowledge. The women were selected according to their age ( only 45years and more). The data was thereafter analyzed using Statistical Package of Social Science ( SPSS) and results were put in the form of pie charts. Bar charts and multi variant tables were done using chi square analysis.

The results of the study showed that all the women knew the period of menopause and that while 50% were not sure about the complications 55% did not know what is HRT.

There was a significant correlation between education and knowledge about complications of menopause, about HRT and its side effects with  $p$  value=0.00. Another significant correlation was found between age and knowledge about complications ( $p=0.001$ ), HRT ( $p=0.00$ ) and experienced symptoms ( $p=0.006$ ).

Generally the study concludes that the knowledge these women have is not sufficient and in many instances based on hearsay and other factors which could be distant from scientific knowledge. However, age and educational level had a relationship with their knowledge.

The study recommends that awareness about menopause with all its aspects should be raised in all levels of community since it is a natural physiological process that needs to be rigorously understood to avoid the misconceptions surrounding it, also the study recommends that provision of counseling and health services is essential in raising awareness.

