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: M.Sc (HUMAN REPRODUCTION AND POPULATION PLANNING)

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ATCHARA SITTIRUK : HEALTH PROBLEMS IN WOMEN ATTENDING THE MENOPAUSAL CLINICS AT NORTHERN REGIONAL HOSPITALS AND MEDICAL CENTERS. THESIS ADVISOR : PRATAK O-PRASERTSAWAT, M.D., DIP IN CLIN EPIDEMIOLOGY, KAMHEANG CHATURACHINDA, M.B., FRCOG., SANYA PATRACHAI, M.D., M.P.H., PIANGCHAN ROJANAVIPART, M.H.S. (BIostatistics) 110 P. ISBN 974-589-794-9

As in other parts of Thailand the aging population in Northern Thailand is increasing. This increase of female population in climacteric age may result in health problems. This study examines health problems of menopause in 4 Regional Hospitals and Medical Centers in the North. The research intends to study health problems in women attending the menopause clinics at Northern Regional Hospitals and Medical Centers with the hope that the results obtained may be used appropriately in health education and health services for the aging female population in the region. The subjects were 326 women selected from the menopausal clinics between December, 1997 to February, 1998. Questionnaires were used to collect information. Descriptive statistics and Chi-Square test were used for data analysis.

The result of this study shows that 58 % had subjective complaints. The most common health problems in menopause were backache and joint pain (33.4 %), hot flushes (32.8 %) and headache (29.4 %). In perimenopause the common problems were headache (34.9 %), backache and joint pain (34.9 %) and hot flushes (34.3 %). In natural menopause the common problems were hot flushes (31.5%), backache and joint pain (31.5 %). In induced menopause the common problems were poor memory and difficulty in concentrating (34.7 %), backache and joint pain (32.7 %), hot flushes (30.6 %) and irritability (30.6 %). Factors associated with health problems in menopause which had statistical significance were age, marital status, education, occupation, income, systemic disease, perimenopause, natural menopause, induced menopause and age at natural menopause. The result of this study may be useful in the planning of services for menopausal women.