

Age at Menopause in Educated Women of Amritsar (Punjab)

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ABSTRACT In the present study, an attempt has been made to determine median age at menopause and frequency of various related clinical symptoms among educated women of Amritsar district of Punjab. The data for this cross-sectional study were collected at random from 539 women aged 40-50 years. In-depth interviews were conducted among Amritsar women for collecting information about menopause and symptoms associated with it. 256 women (47.50%) of the study population were classified as postmenopausal, i.e., having no vaginal bleeding during the last 12 months, and 283 women (52.50%) were perimenopausal, i.e., having irregular vaginal bleeding during the last 12 months. Median age at menopause was 47.54 ± 2.31 years which is close to the estimates from other Punjabi populations. The most common clinical symptoms associated with menopause were hot flushes and night sweats (55.08%), insomnia (53.12%), headache and body-aches (38.28%), fatigue (42.18%), irritability (35.15%), perspiration (34.76%), palpitation (22.26%), short breath (20.31%), nervous tension (10.56%) and depression (8.20%).