Menopausal symptoms and utilization of menopausal hormone therapy among women aged 40–60 years in Addis Ababa, Ethiopia: a cross-sectional study

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Abstract

Background the onset of menopause leads to diminished estrogen exposure, resulting in a high morbidity burden related to menopausal symptoms. Menopausal hormonal therapy is an effective therapy that offers more advantages than disadvantages for women aged less than 60 years or who have had menopause for less than 10 years.

Objective this study aimed to assess the prevalence of menopausal symptoms, identify factors associated with menopausal symptoms, and assess the use of menopausal hormone therapy among women aged 40–60 who visited the gynecological clinics of three hospitals in Addis Ababa, Ethiopia.

Methods A facility-based cross-sectional study was conducted from January 2022 to June 2022 at Gandhi Memorial Hospital, Tikur Anbessa Hospital, and Zewditu Memorial Hospital on 296 middle-aged women. Data were collected using an interviewer-administered structured questionnaire and analyzed for sociodemographic factors, utilization of menopausal hormone therapy, and prevalence of menopausal symptoms using the menopause rating scale. Data were analyzed using SPSS version 25. Bivariate and multivariate logistic regression analyses were performed to identify independent predictors of each subscale of menopausal symptoms. The strength of the association was measured using odds ratios with 95% confidence intervals, and statistical significance was set at a value of $P < 0.05$.

Result the prevalence of menopausal symptoms was 89.9%. According to the menopausal rating scale, the frequency of reported symptoms was hot flushes (54.7%), muscle and joint pain (32.1%) on the somatic subscale; physical and mental exhaustion (55.1%), irritability (48.6%) on psychological subscale; and sexual problems (41.3%), bladder problems (39.2%) on urogenital subscale. This study also showed that the age of women [aOR: 0.317, 95%CI (0.102, 0.990)], and monthly family income [aOR = 0.182, 95% CI (0.041, 0.912)] were significantly associated with somatic menopausal symptoms. There was no utilization of menopausal hormonal therapy to treat menopausal symptoms and to prevent complications.

Conclusion The prevalence of menopausal symptoms is high; however, the utilization of individualized administration of menopausal hormone therapy according to symptoms is negligible. It appears essential for these

Recent Publications

1. Yisma E, Eshetu N, Ly S, Dessalegn B. Prevalence and severity of menopause symptoms among perimenopausal and postmenopausal women aged 30–49 years in Gulele sub-city of Addis Ababa, Ethiopia. BMC Womens Health. 2017; 17(1):124.
2. Pandey A, Karki C, Shrivastava VR, Shrestha D, Gautam P. Study of menopausal symptoms using menopause rating scale at a tertiary care center: a descriptive cross-sectional study. J Nepal Med Assoc. 2020; 58(230):725–8.
3. Sharma S, Adhikari L, Karmacharya I, Kaphle M. Menopausal symptoms among Postmenopausal women of a selected municipality: a cross-sectional survey. J Nepal Med Assoc. 2021; 59(243):1155–60.
4. Ojha N, Bista KD, Bajracharya S, Katuwal N. Genitourinary Syndrome of Menopause among Postmenopausal women in a Tertiary Care Centre: a descriptive cross-sectional study. J Nepal Med Assoc. 2022;60(246):126–31.
5. Subedi A, Shrestha J, Chaudhary JK. Menopausal symptoms among Postmenopausal Women Visiting Outpatient Department of a Tertiary Care Centre: a descriptive cross-sectional study. J Nepal Med Assoc. 2022; 60(251):617–20.

Biography of Dr. Tewodros Getahun Asfaw

Dr. Tewodros Getahun Asfaw was born on October 25, 1987, in Ethiopia, East Africa. Driven by a passion for women's health, he embarked on a medical career specializing in gynecology and obstetrics. With two years of clinical experience, Dr. Asfaw is currently enhancing his expertise as a fellow in Maternal-Fetal Medicine.

His dedication to advancing healthcare for women and infants is evident in his research contributions, where he has served as both author and corresponding researcher. Through his work, Dr. Asfaw strives to improve maternal and fetal outcomes, emphasizing the importance of evidence-based practices in medicine. A passionate advocate for ongoing education and research, Dr. Asfaw continues to inspire those around him, committed to making a positive impact in the field of maternal-fetal health.

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