Title: STUDY ON BODY MASS INDEX AND ITS IMPACT ON MENOPAUSAL SYMPTOMS AMONG POSTMENOPAUSAL WOMEN OF DHARAN, NEPAL

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Life expectancy of the global women has been increasing and Nepalese women are no exception. Women suffer from various distressing symptoms during menopause which have significant influences on their quality of life. This study aimed to assess the menopausal symptoms and the effect of body mass index (BMI) on menopausal symptoms among postmenopausal women of Dharan. A community based cross sectional study was conducted in seven randomly selected wards of Dharan from where postmenopausal women (n=561) were selected by population proportionate sampling technique. For data collection semi-structured questionnaire was used. Height in meters and weight in kilogram were taken for calculation of BMI. Modified Kupperman Index (KI) was used for assessing the menopausal symptoms. Chi-square test and logistic regression was done to see the association between BMI and socio-demographic variables with severity of menopausal symptoms. Majority (56.3%) of women were found to be obese (BMI >25kg/m^2). Moderate menopausal symptoms was experienced by 51.2%. Sexual complaints was the most reported menopausal symptom (90.7%). Formication was the least frequently reported symptom (27.1%). Logistic regression analysis showed that severity of menopausal symptoms was significantly associated with people belonging to Madhesi community (p=0.014), those who were married (p=<0.001), who were within 5 years of menopause (p=0.037) and those involved in non-sedentary activity (p=0.014). Though severity of menopausal symptoms increased with increase in BMI, there was no significant association between them.

Biography:

Dr. Samita Adhikary is currently pursuing her Doctor of Medicine degree in Community Medicine and Tropical Diseses at the age of 30 years from B. P. Koirala Institue of Health Sciences, Dharan, Nepal.

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