

## **Rural Health and Training Centre -Raghunadhapalem**

### **Age at menopause and associated symptoms**

Date: 10-06-22

**Participants:** Rural women, Interns and staffs of Rural Health and training centre

**Objectives:** To create awareness, improve the psychological makeup of women and to provide health education to perimenopausal women to lead better quality of life

A session was organised at Rural Health and Trainingcentre for women between 45 to 55 years of age. Introductory session participants were explained about concept of menopause. It begins with the first onset of menstrual irregularity and ends after 1year of amenorrhea has occurred.

Perceptions of menopause are often influenced by misunderstanding and myths, often menopause is something to be feared dreaded as women may equate menopause with old age. Discussing in a traditional patriarchal society may be considered a taboo, leaving women struggling to cope with perimenopausal symptoms on their own. Keeping these aspects in mind efforts was made to enlighten menopause is natural and biological transition period in women's life. It was explained symptoms associated with menopause. Requirement of micronutrients, adequate intake of fluids was explained to the participants.

Most of common perceptions regarding menopause shared by participants are -menopause means loss of fertility and freedom from menstrual cycle.

It was said that life style interventions, yoga, exercise help to cope with perimenopausal experiences.

Myths and misconceptions associated with menopause also discussed during the session.

Programme was organised under the banner of Unnat Bharath Abhiyan (UBA) under the guidance of Dr.Nithesh Kumar -Professor ,Department of Community medicine, UBA coordinator Mamatha Medical college. Interns were actively participated in the session.



