

## INFLUENCE OF PERIMENOPAUSAL PERIOD ON QUALITY OF WOMAN'S LIFE

*Kharkov National Medical University, Ukraine*

**Abstract.** *The article considers the effect of menopausal period on women's quality of life. 315 women were surveyed and their quality of life was studied through simultaneous evaluation of the general condition of patients through questionnaires in 12 months after treatment of perimenopausal disorders. Four major pathological symptom complex of perimenopause were allocated: neurovegetative and psycho-emotional disorders; urogenital disorders; metabolic disorders; disorders of the musculoskeletal system. It was found that to improve physical health, psycho-emotional state and quality of life of women in perimenopausal period necessary to carry out a comprehensive examination of patients, which is appropriate to include immunological, hormonal and biochemical research, depending on the nature of perimenopausal disorders.*

**Key words:** *perimenopause, quality of life, perimenopausal disorders, immunohomeostasis, comprehensive survey.*

With the increase in life expectancy is currently a very important problem is the diagnosis, prevention and therapy of many functional disorders in women in perimenopausal age. According to the nomenclature of the International Federation of Gynecology and Obstetrics, this period of life is the aging process, during which a woman passes from the reproductive stage of life to non-productive.

In recent years all over the world have become increasingly interested in studying the problem of perimenopausal period.

The onset of perimenopause characterizes the beginning of a new stage in the life of a woman associated with ovarian failure and the transition of the organism to another mode of existence.

With the onset of perimenopausal age rise to new social, economic, medical and psychological problems associated with the adaptation of the female body to the ongoing restructuring of the neuroendocrine system. Changing social roles and self-

esteem, significant changes in interpersonal relationships occur with physiological characteristics of this age period. The vast majority of women at this time point changes in well-being and experiencing confusion before the upcoming changes.

WHO predicts that by 2015 46 % of the world population will reach women aged over 45 years , and by 2030 the number of women older than 50 years will be on the planet 1.2 billion [1].

Pathology of perimenopausal period significantly reduces the quality of life of working-age women at the peak of their social activity. In this regard, it is very urgent medical problem, and besides having economic importance, as discussed by I.B.Nazarova[3]. According to I.A.Shutova [4] a significant impact on pathological course of perimenopause has ecological situation. According to research of I. S. Zolotukhin [2] and co-authors in women employed in agriculture, perimenopause begins earlier and is more severe, with a predominance of vegetative- vascular disorders, rather than at employees who prevailed psycho- emotional disorders.

We examined 315 women who were divided into five clinical groups. First clinical group (control) consisted of 52 (16.5%) women with physiological perimenopausal period. In the second clinical group included 68 (21.6%) patients with neurovegetative and psycho-emotional disorders; third clinical group was represented by 72 (22.2%) patients with genitourinary disorders; fourth group consisted of 73 clinical (23.2% ) women with metabolic disorders; fifth clinical group consisted of 52 women with disorders of the musculoskeletal system.

Study of quality of life was carried out by simultaneous assessment of the overall condition of the patient, using a questionnaire at 12 months after treatment of perimenopausal disorders procedure by A.A.Novick and T.I. Ions. To analyze the quality of life questionnaire used a modified SF- 36, consisting of eight scales , the maximum value of each of which is equal to 100 points, where 0 was considered for lack of health as well as 100 - full health. The analysis was conducted by comparing the integral criterion of quality of life (the sum of scores for all scales) in the study group and the comparison group using the nonparametric Mann -Whitney test, with a probability of  $p < 0.05$  [5].

For realization of tasks surveyed 315 women in the age periods 45-49, 50-54 , 55-59 . Of these, 52 (16.5%) women with physiological perimenopausal period, and 263 (83.5%) - patients with various pathological manifestations of perimenopause. The entire spectrum of perimenopausal disorders based on clinical material and data analysis of the scientific literature for the purpose of systematizing perimenopausal disorders and severity of their clinical manifestations , as well as for targeted therapy of pathogenesis -based, we have allocated four major pathological symptocomplexes of pathological perimenopause. These include: neurovegetative and psycho-emotional disorders (68 patients (21.6%)); urogenital disorders (72 patients (22.2%)); metabolic disorders (73 women (23.2%)); disorders of the musculoskeletal system (52 women).

Integral indicator of the quality of life against the background of complex differential treatment in patients with neurovegetative and psycho-emotional disorders by 20.2 % higher than those obtained after conventional treatment; with urogenital disorders - 32.8%; with metabolic disorders - 31.7% , which corresponds to improve both physical and mental health component . Therefore, to improve physical health, psycho-emotional state and quality of life of women in perimenopausal period necessary to carry out a comprehensive examination of patients, which is appropriate to include immunological, hormonal and biochemical research , depending on the nature of perimenopausal disorders.

Thus, and treatment should be differentiated based on immune homeostasis, clinical form and severity of perimenopausal disorders.

## References.

1. . . . / . . . , . . . , . . . // . . . - . . . . – .: . . . , 2010. – . 85-88. (Butina L. I. Features of the menstrual cycle in women during perimenopause / L. I. Butina, A.V. Churilov, S.A. Dzhelomanova // Collection of

scientific works of Association of obstetrics and gynecology of Ukraine. - K.: ntermed 2010. - P. 85-88).

2.

/ . . , . . , . . //  
- . - . : ,  
2011. – . 303-305.(Zolotukhin I.S. For climacteric women agricultural region /  
I.S.Zolotukhin, A.V.Churilov, M.I.Butina // Collection of scientific works of  
Association of obstetrics and gynecology of Ukraine . - K.: ntermed 2011. - P. 303-  
305).

3.

/ . . . – . :  
, 2011. – 487 . (Nazarova I.B. Employed population health /  
I.B.Nazarova. - Moscow: Economics, 2011. - 487 p.).

4.

/ . . //  
. – 2012. – . 49, - 4. – . 15-16. (Shutova I.A. Hormonal, metabolic, and  
clinical manifestations of the climacteric syndrome as a marker of economic distress  
in the region / I. A.Shutova // Journal of Obstetrics and women's diseases. - 2012. - T.  
49, - 4. - P. 15-16).

5. Assessment of quality of life using the Menopause Rating Scale in  
women aged 40 to 59 years // M. Del Prado, A. Fuenzalida, D. Jara [et al.] //  
Revista Medica de Chile. – 2010. – Vol. 136, 12/ - P.1511-1517.

*Received: 09.04.2014*

*Accepted: 19.05.2014*