

QUALITY OF LIFE RELATED VOIDING SYMPTOMS AND SEXUAL FUNCTION DECREASE IN WOMEN WITH MENOPAUSE

Hypothesis / aims of study

Menopause changes in uro-genital system anatomically and physiologically resulting in increasing voiding symptoms and sexual dysfunction. Even if women encountered low quality of life (QoL) due to menopause, however, there has been a tendency to avoid estrogen replacement for fear of its side effects. The aim of this study is to assess quality of life about voiding symptoms, sexual life and general well-being in menopausal women.

Study design, materials and methods

Twenty five questionnaire for assessing QoL is composed of 5 from King's Health Questionnaire for voiding symptoms, 5 from female Sexual Distress Scale, and 15 from Korean questionnaire about QoL which was published in Korean journal and validity was confirmed. This questionnaire was self-administered by 1679 women above 40 years and under 60 years old in Korea. Finally 1367 seven women are available to analyze statistical significance with ANOVA between premenopausal (n=387), perimenopausal (n=274) and postmenopausal (n=706) group. Perimenopause defined as sudden menstrual irregularity or within 1 year after menopause.

Results

Mean age is 46.7 ± 4.92 in premenopausal group, 50.5 ± 5.51 in perimenopausal group, and 56.8 ± 4.04 in postmenopausal group. Frequency-associated distress and discomfort with nocturia and hesitancy increased significantly in postmenopausal women and increased moderately in perimenopausal women compared to premenopausal women ($p < 0.0001$). All questionnaires about QoL of sexual life such as sexual distress, sexual dissatisfaction, sexual anxiety and vaginal dryness demonstrated statistical significance between 3 groups ($p > 0.1$). However, these all sexual questionnaires demonstrated statistical significances between premenopausal and postmenopausal groups ($p < 0.0001$). Fourteen questionnaires about depression, ability to do, physical discomfort and fatigue in general life revealed significant differences between 3 groups ($p < 0.0001$). Among menopausal women, women with underlying disease significantly decrease QoL related with sexual life and voiding symptoms compared women without underlying diseases ($p < 0.0001$). Menopausal women with high score in voiding symptoms significantly presented high distress of sexual function ($p < 0.0001$).

Interpretation of results

Menopause significantly increased in voiding symptoms and sexual distress including vaginal dryness, and significantly decreased in general well-being.

Concluding message

Hormone replacement therapy and control of underlying diseases should be considered in women with decreased QoL by menopause.

<i>Specify source of funding or grant</i>	None
<i>Is this a clinical trial?</i>	No
<i>What were the subjects in the study?</i>	HUMAN
<i>Was this study approved by an ethics committee?</i>	No
<i>This study did not require ethics committee approval because</i>	This study is a epidemiologic study which does not expose the private contents of subject.
<i>Was the Declaration of Helsinki followed?</i>	Yes
<i>Was informed consent obtained from the patients?</i>	Yes