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### **Hormonal war: menopause 51.4**

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**Background:** Perimenopause is an ill-defined phase in the live of the women: from the first alterations in the menstrual cycle until the year after termination of menstruation (menopause). 51.4 years is the average in our country, although the transition occurs between 47 and 48 years, with a duration between 2 and 5 years, accompanied by cycle disturbances characteristic of this stage.

**Objectives:** 1. Quantify the knowledge women between 48 and 52 years have about menopause, both on symptoms such as prevention or healthy lifestyle. 2. Rate compliance with such knowledge, especially in prevention.

**Method::** Cross-sectional study with a sufficient sample of women between 48 and 52 years of the Health Centre of San Javier, using a questionnaire of 24 items. Statistical Analysis T-student, G-STAT 2.0 software, considered significant at  $P < 0.05$ .

**Results:** Average age of 49.99 years, and 55.26% menopausal .What's more known are hot flashes (94.74%), followed by body fat and obesity as a cardiovascular risk factor and for diabetes (86.84%). The 71.05% know that menopause is reached when it has been more than twelve months from the last period. They know that lowering estrogen affects vaginal lubrication producing dyspareunia. Regarding prevention: 100% of surveyed know mammography and cytology. To the lifestyle consider the 97.37% real need to quit smoking and drinking alcohol, and 94.74% increase exercise. The 86.84% knew the pelvic floor exercises. Personally performs cytology 71.05%, 65.79% mammogram, the 60.53% do not smoke, do not drink alcohol 78.95%, 63.18% heart-healthy diet, and only 23.68% performed pelvic floor exercises.

**Conclusions:** It's necessary to promote before menopause knowledge and practice of pelvic floor exercises, as well as identification of emotional and hormonal changes that occur at this stage. Including early menopause ( $< 40$ ) and induced or artificial menopause (any age).