Severity of clinical manifestations of menopause.

Relevance.
Clinical manifestations of menopause affecting the quality of women life in her sensitive age. This period is characterized like a most professional activity of every woman. In this regard, the study of clinical manifestations and the provision of health care for women is an important task for gynecologists. The overall incidence of menopausal syndrome ranges from 40% to 80%.

Aim. Analyse the severity of the clinical manifestations of menopause among working women perimenopause and menopause.

Materials and methods.
To achieve the objectives of women were surveyed institutions g, Astana. The object of the study were perimenopausal women and women with menopause in the capital of Kazakhstan - Astana city. Questionnaire were including 31 questions, provide information on the socio-hygienic characteristics of the studied contingent, menstrual, reproductive, family history, and clinical manifestations of menopause, and women-seeking medical attention. Questionnaires covered 37 women aged 40 to 60 years. The severity of menopausal syndrome defined by the value of the modified menopausal index modification Uvarova E.V. (1991). The severity of climacteric syndrome was assessed as weak at a value from 0 to 10 points, moderate - from 10 to 20 and heavy - more than 20 points. The results were statistically processed.

Results and discussion.
Among of interviewed women in menopause was - 25 respondents. The average age of menopause in this group - 47.2 ± 1.6 years. The average duration of menopause was - 6.39 ± 1.2 years. 100% of respondents in social status are employees, 91.3% - had a history of childbirth, 8.7% - nulliparous women. Clinical manifestations of the climacteric syndrome occurred in 92% of women. Menopause is proceeding as a normal process in 8% of women. Mild degree showed at 8.6%; medium - 34.7 at%; severe manifestations were 56.5% of women. The structure of the clinical manifestations of menopausal disorders were most pronounced early symptoms: vasomotor (hot flashes, headaches, heart palpitations) and emotional-vegetative (irritability, fatigue, depression, decreased libido inattention) they amounted to - 87.4%. Time average disorders: skin and its appendages (dry mouth, dryness and hair loss) and urogenital (vaginal dryness, urinary incontinence, pain during sexual intercourse) - 7.75%.
Exchange-endocrine (obesity, joint pain, muscle pain) - 4.85%.
In the group of women during perimenopause average age was - 45.8 ± 1.7 years. Physiological during perimenopause -16.6% was observed in women with -83.3% with varying degrees of climacteric disorders. Weak degree manifested in 20% of the respondents; medium - 10%; severe manifestations were - 70% of women. The structure of the clinical manifestations of menopausal disorders were most pronounced early symptoms: vasomotor and emotional-vegetative they amounted to - 91.4%. Time average disorders: skin and its appendages and urogenitalnye- 6.75%. Exchange endocrine - 1.85%. Of those surveyed, only 8% (2) women seek treatment. No treatment received.

Conclusions.
1. Clinical manifestations of menopause in women perimenopause and menopause are more pronounced in the vasomotor and emotional and vegetative symptoms.
2. In spite of the relatively young average age of perimenopause is the case later manifestations of metabolic disorders.
3. The health-care of women in climacteric period is insufficiently.