

# COMPARATIVE STUDY OF NUTRITIONAL STATUS, MEDICAL STATUS LIFESTYLE PATTERN AMONG PERI MENOPAUSAL AND POST MENOPAUSAL WOMEN

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**Abstract**—Menopause is defined by WHO as the permanent cessation of menstruation as a result of the loss of ovarian follicular activity. Menopause is prompted by a decline in estrogen and progesterone production and rise in follicle stimulating hormone(FSH) and luteinizing hormone(LH) levels. There are two other terms that encircle menopause and a woman's life: Perimenopause and Postmenopause. Perimenopause is the first phase of the menopausal cycle and it can occur even 10 years before the actual menopause. The most common clinical sign of this phase is the onset of cycle irregularity. Postmenopause is the phase that occurs after the actual menopause.

In case of menopausal women, the low levels of estrogen and progesterone are often linked to physical, psychological, and sexual problems. It further has a impact on the nutritional status and leads to severe health problems. During this transition women often gain weight which aggravates their problems and makes them susceptible to cardiovascular diseases, diabetes and osteoporosis. It is also accompanied by hormonal imbalance which can have an impact on food intake, and lifestyle patterns. The intake of a balanced diet is pivotal for the menopausal women to combat the complications that plague their lives during menopause.

We carried out a survey of 100 women to elucidate on the factors that affect these stages and the likely perils associated with them. A random sample of 100 women from Delhi, NCR region was selected, out of which 50 were Perimenopausal and 50 were Postmenopausal women. Nutritional status, medical status and lifestyle patterns of these women were recorded using a self structured questionnaire. The results obtained from our experimentation were used to compare the factors affecting health of Perimenopausal and Postmenopausal women. We could draw discriminating cues from our observations which led us to conclude that Postmenopausal women tend to be more prone to Cardiovascular problems and are obese while Diabetes occurs predominantly in Perimenopausal women .and are mostly overweight.