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Intensification of menopausal symptoms among female inhabitants of East European countries

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The objective of the study was analysis of the occurrence and intensity of menopausal symptoms in postmenopausal women from Poland, Belarus, Ukraine, Czech Republic, Slovakia and Poland. The study was conducted during the period 2014-2015 among postmenopausal women living in the areas of Poland, Belarus, Ukraine, Czech Republic and Slovakia. The degree of menopausal complaints was assessed using the Kupperman Menopausal Index and Greene Climacteric Scale. The respondents were additionally asked about age, educational level, place of residence, marital status and age at last menstrual period. Into the study were enrolled women aged 50-65, minimum 2 years after the last menstrual period, who had a generally good state of health and did not use hormone replacement therapy. The results were subjected to statistical analysis. The intensity of all menopausal symptoms measured by the Kupperman Menopausal Index and Greene Climacteric Scale was similar in Poland, Czech Republic and Slovakia. In these countries, severe, moderate and mild menopausal symptoms measured by Kupperman Menopausal Index occurred with a similar frequency. Similar results were also obtained in the subscales of psychological, somatic and vasomotor symptoms according to the Greene Climacteric Scale. Nearly a half of the women from Belarus did not report symptoms measured by Kupperman Menopausal Index. They obtained significantly lower menopausal complaints in the subscales of psychological and somatic symptoms according to the Greene Climacteric Scale, compared to the inhabitants of the remaining countries. The majority of women from the Ukraine had mild menopausal symptoms as measured by the Kupperman Menopausal Index. They had significantly more severe complaints in the subscales of psychological, somatic and vasomotor symptoms according to the Greene Climacteric Scale, compared to the inhabitants of the remaining countries in the study. The intensity of menopausal symptoms in women from Ukraine and Belarus was related with educational level, place of residence, and marital status, whereas in women from Poland, Czech Republic and Slovakia, only with marital status.