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# The Effect of Menopausal Symptoms on Physical Activity Participation

Amy Tremback-Ball, PT, PhD, Meghan Radnoff, SPT, Rebecca Franklin, SPT, Morgan Walsh, SPT

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## Background

~70-85% of women report experiencing symptoms while going through the perimenopause to menopause transition.

The most prevalent symptoms women report are hot flashes and sweats, depressed mood, sleep disturbances, sexual concerns or problems, cognitive symptoms: such as impaired memory and concentration, vaginal dryness, urinary incontinence, and somatic or bodily pain symptoms.

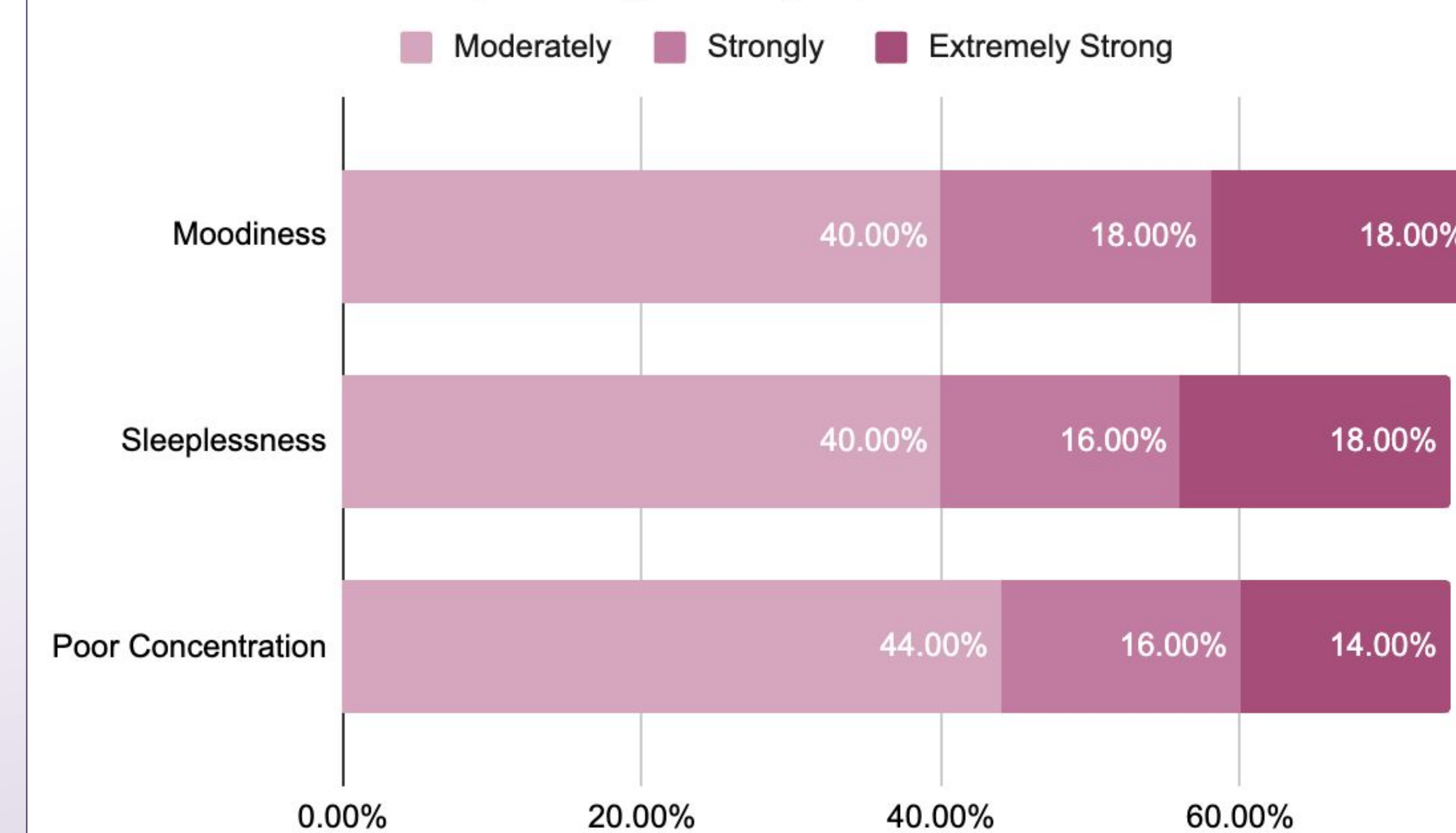
As women age, the number of oocytes decreases from 300,000 in puberty to 25,000 at about 38 years, and then 1,000 at menopause.

The first endocrine sign of menopause is a decrease in inhibin B, and follicle-stimulating hormone (FSH) which slightly raises.

The hormonal changes ultimately impact the menstrual cycle and lead to irregular periods and other menopausal symptoms.

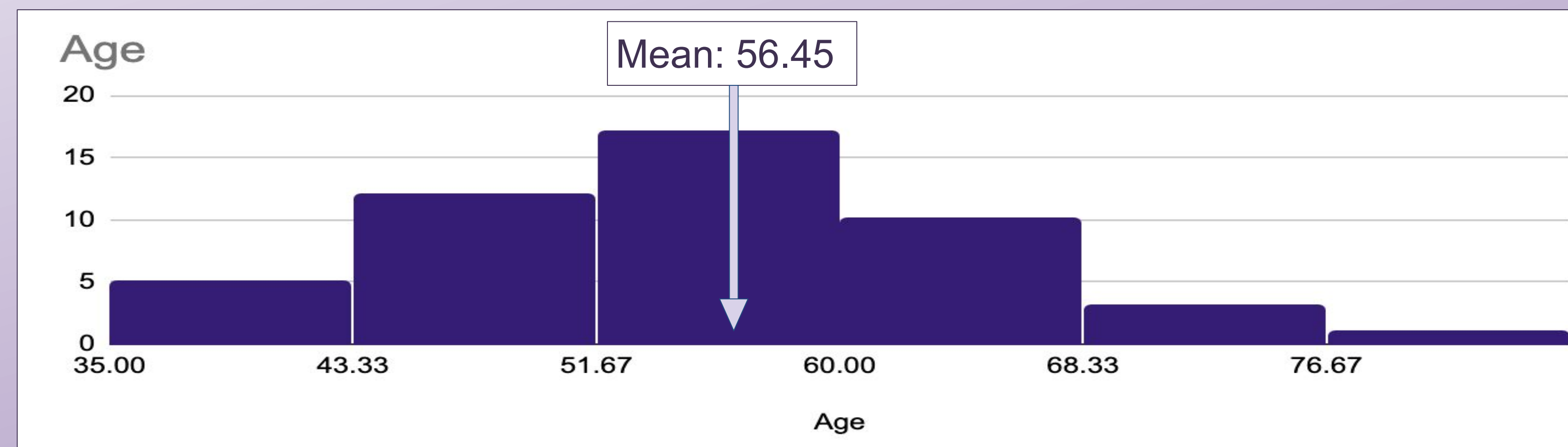
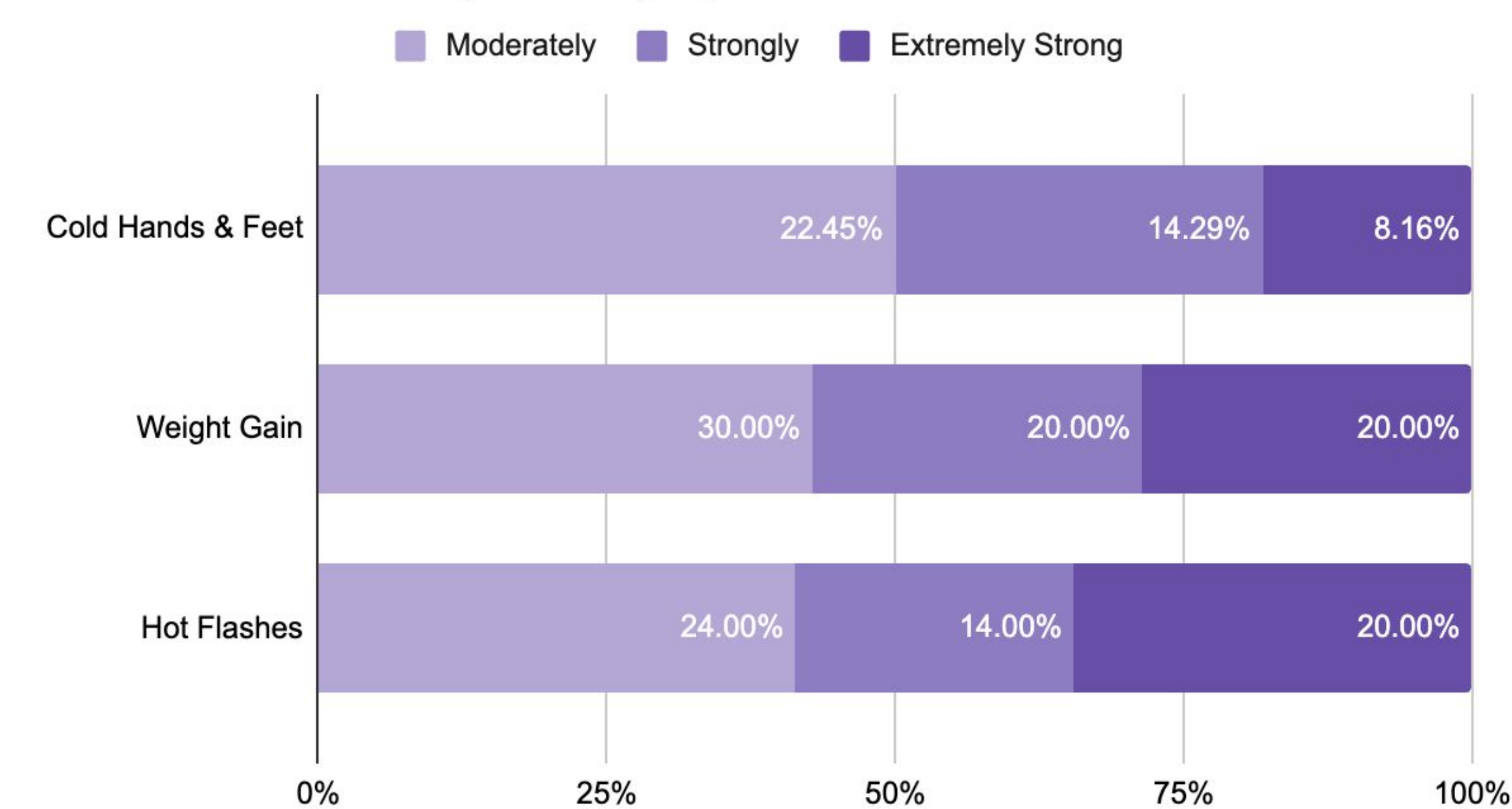
## Psychological Symptoms

Most Prevalent Psychological Symptoms



## Physical Symptoms

Most Prevalent Physical Symptoms



Menstrual Status	Percentage
<b>Premenopausal:</b> have not experienced any changes in menstruation compared with what you usually experience	<b>6%</b> (3/50)
<b>Perimenopausal:</b> have experienced changes in frequency, length or nature of bleeding (pain or heaviness) in your menstrual cycles	<b>24%</b> (12/50)
<b>Menopausal:</b> have stopped having periods	<b>8%</b> (4/50)
<b>Postmenopausal:</b> have not experienced a period for 12 months or more	<b>62%</b> (31/50)

## Cross Sectional Descriptive Survey

- Demographic Characteristics
- Menstrual Status
- Perceived Effects of Menopause Symptoms on Exercise Performance
  - Physical Symptoms
  - Psychological Symptoms
- Attitudes Towards Exercise

On a scale "not at all", "moderate", "strongly", "extremely strong", "unsure does not apply"



## Clinical Application

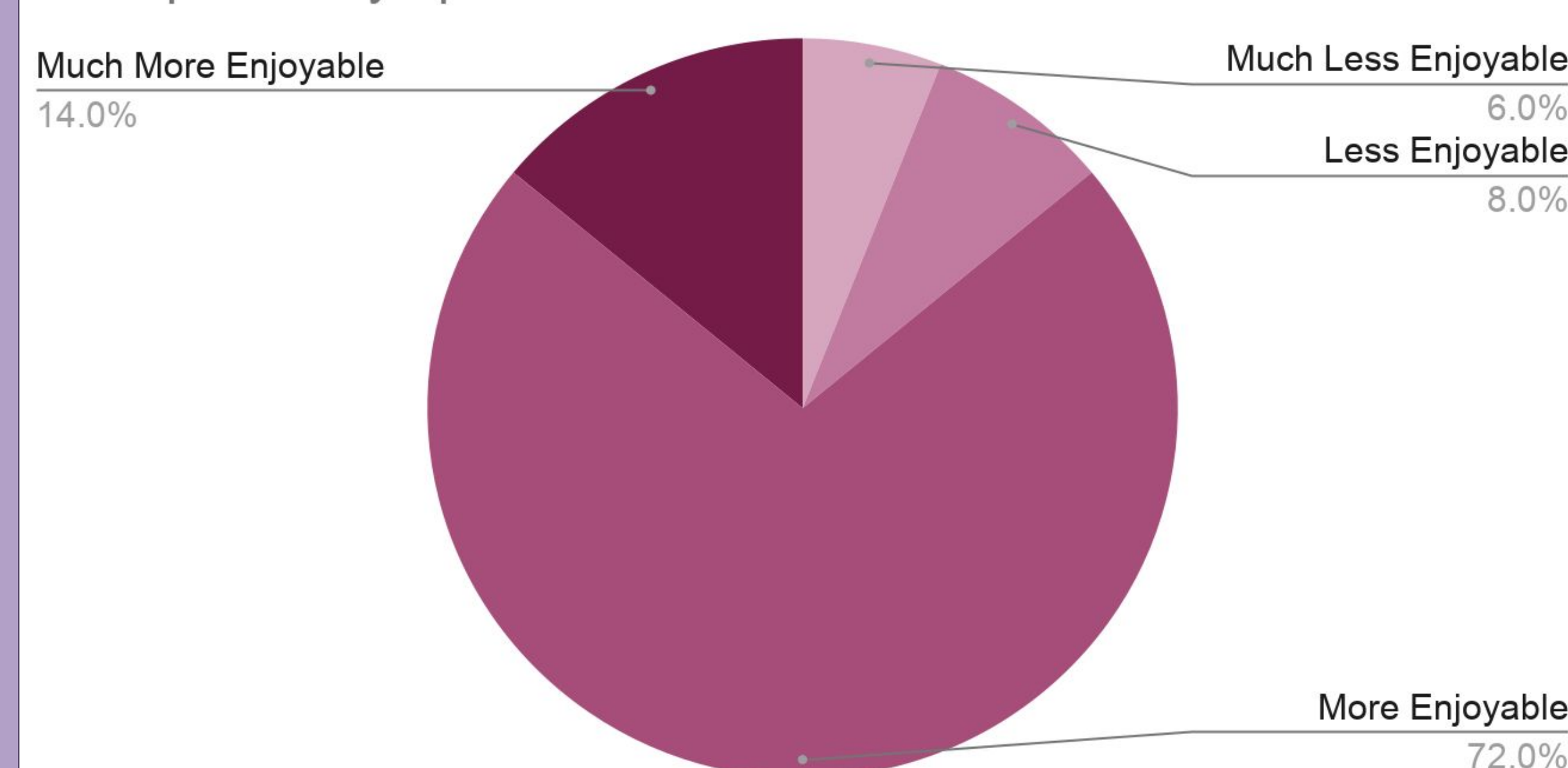
Our research emphasizes the need for Physical Therapists to better understand the effects of the menopausal transition in order to provide individualized patient care with proper education and exercise prescription.

Improving awareness can help support women in maintaining an active lifestyle to promote health and overall quality of life.

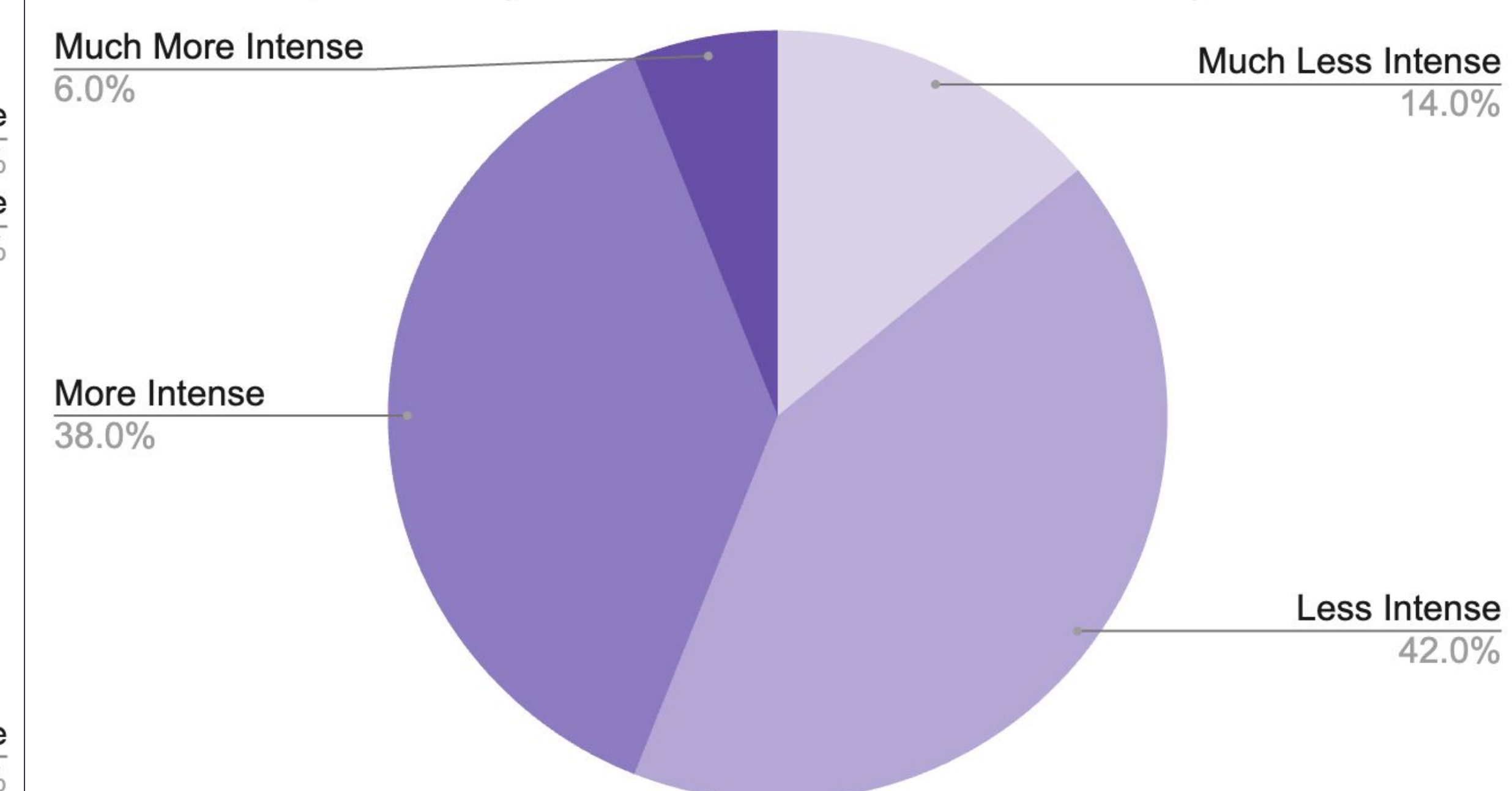
## Purpose

Examine how menopausal symptoms and physiological changes during the perimenopausal to postmenopausal transition are associated with differences in physical activity participation and its potential impact on women's health

Is PA Less Enjoyable or More Enjoyable Since Onset of Menopausal Symptoms?



Have Menopausal Symptoms Affected Your Intensity of Exercise?



## References

