



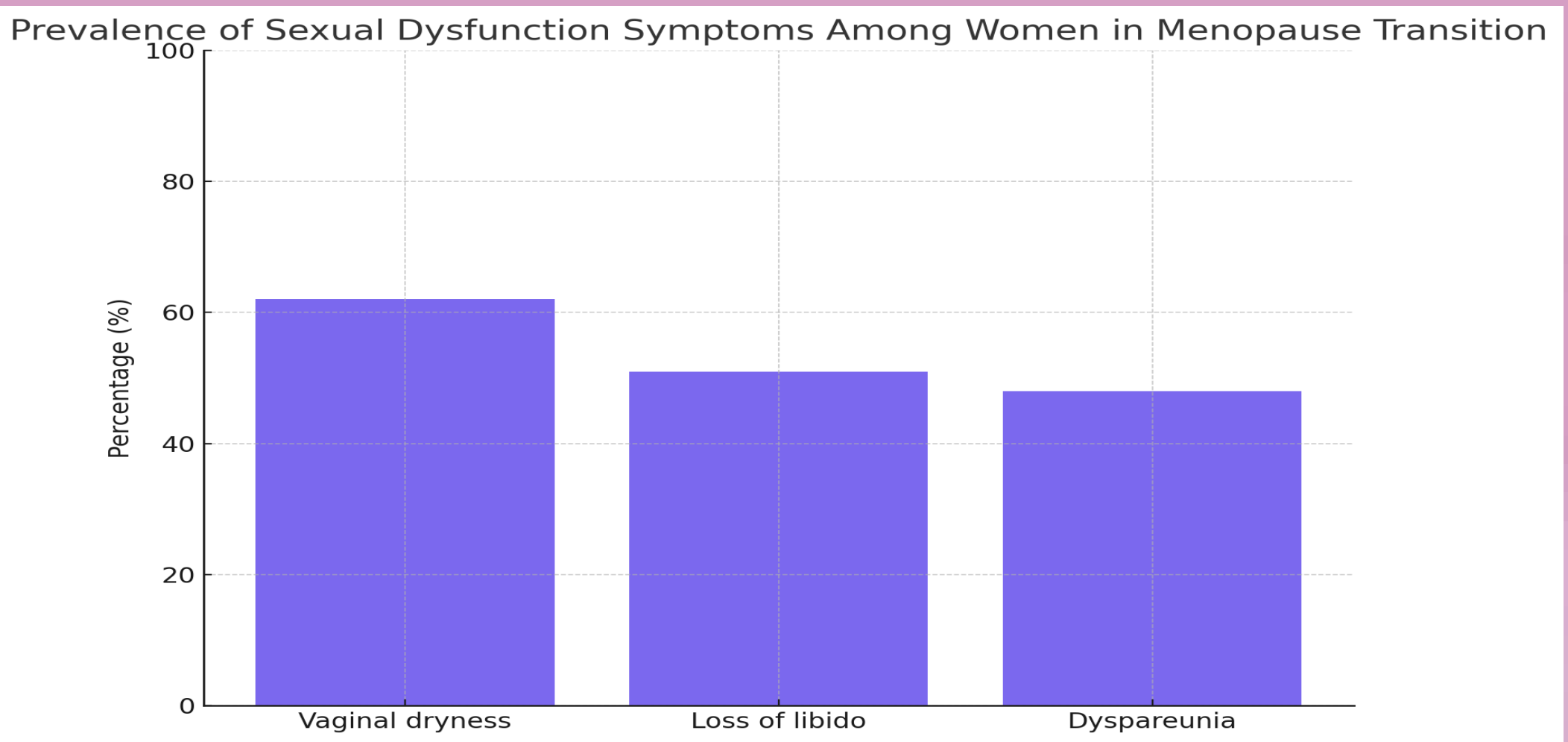
IMPACT OF MENOPAUSE ON FEMALE SEXUAL FUNCTION, A CROSS-SECTIONAL STUDY

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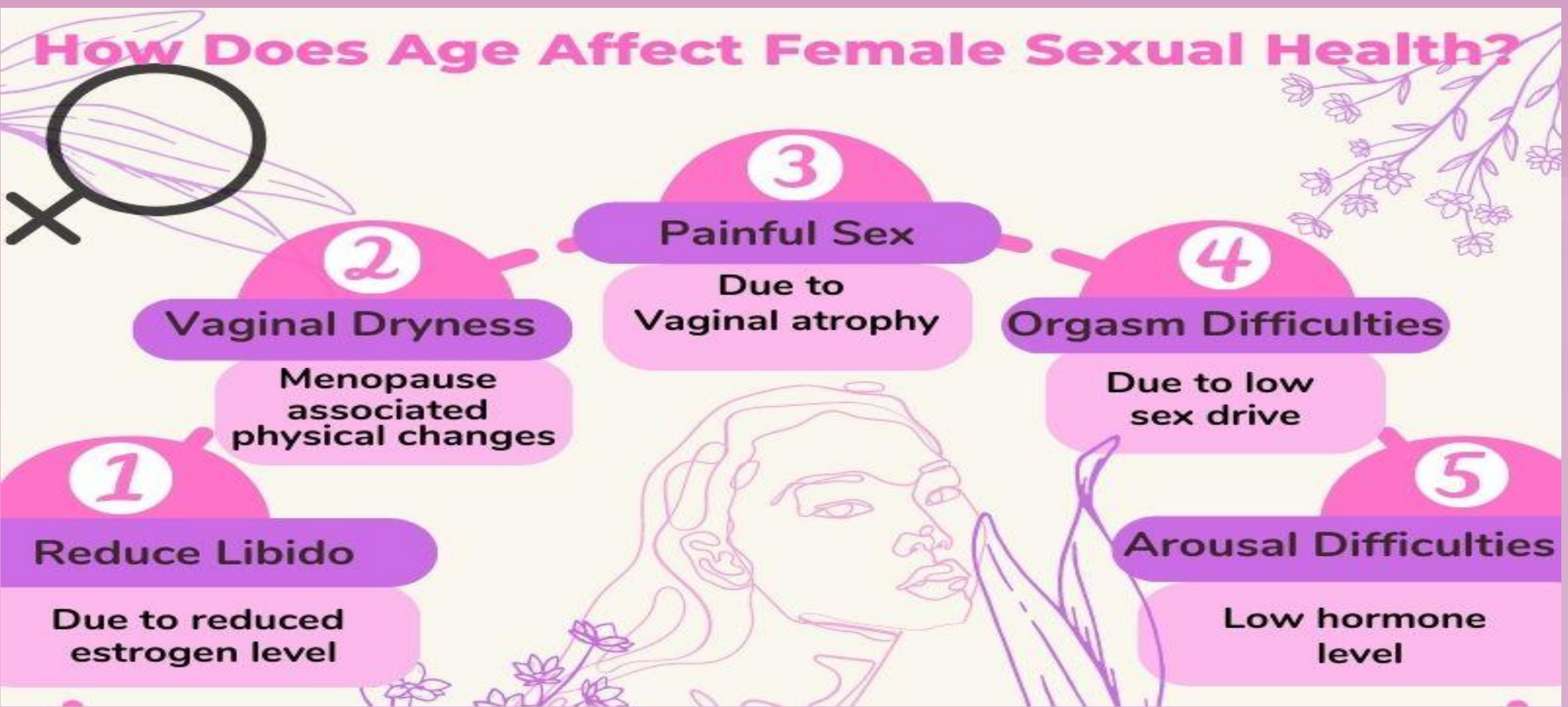
INTRODUCTION:

Sexual health is an important component of overall health. Many women experience problems with sexual function at some point in life which worsens with advancing age. Menopause is the progression stage where women undergo substantial changes and female sexual dysfunction is one of them. Sexual response in women is complex due to interplay of emotional, hormonal and sociocultural factors. The aim of this study is to determine the impact of menopause on female sexual function.



RESULTS:

Out of the total 102 participants, 63% of women in the menopause transition phase experienced some form of sexual dysfunction. The following specific issues were observed: vaginal dryness affecting 62% women, loss of libido affected 51%, dyspareunia experienced by 48% of participants. Additional factors influencing sexual dysfunction included hormonal changes, emotional stress, and sociocultural barriers to discussing sexual health. Demographic analysis suggested that women with lower education levels, lack of partner support, or specific comorbidities were more likely to report dysfunction. Statistical analysis revealed a significant association between advancing age within the menopause transition period and worsening sexual function scores ($p < 0.05$).



METHODOLOGY:

A cross sectional study was conducted in Mother and Child Health Centre, Pakistan Institute of Medical Sciences, Islamabad from June 2024 to October 2024. Patients reporting in gynecology OPD in the menopause transition group were included (age 45 years to 55 years). Data was collected using questionnaire (demographic and FSFI6) to assess the sexual function.

CONCLUSION:

Female sexual function and its related issues are least talked about in our part of the world and near to menopause it is considered a normal change associated with ageing. Our study shows that menopause has detrimental effect on female sexual function that worsen with increasing age.

Keywords: Menopause, Female sexual function, Sexual health



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