

Prevalence of Overweight, Obesity and General Abdominal Obesity and Association with Menopause-Related Symptoms in Postmenopausal Women

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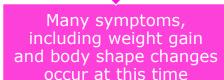
Ollscoil Teicneolaíochta na Sionainne: Lár Tíre Iarthar Láir

Background

Menopause: Permanent cessation of a woman's menstrual cycle



Postmenopausal: No menstrual period in 12 months





Lack of published evidence



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Methods

26 postmenopausal women

Average Age: 59.8 years



Aim

Find out if there is

a link between

prevalence of

overweight/obesity

and menopausal

symptoms in

postmenopausal

women.

Study Design: Observational cross-sectional

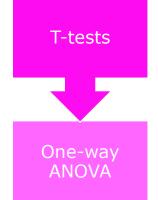


Questionnaires:
Lifestyle
Menopausal Rating
Scale (MRS)



Measurements:
Height, weight and
waist
circumference

Data Analysis



Science Undergraduate Research Experience

Sharing Discovery

Results &

Future Outlook

A significant relationship exists between BMI and psychological MRS scores (p=0.024)



Future Research:
Larger sample size
No symptoms vs
symptoms

How to Complete an Awesome Final Year Project



Things can go wrong, don't panic!

- Research is not straightforward, particularly when working with people.
- Recruitment can be especially difficult, but always maintaining a positive attitude and allowing for things to go wrong is very important.

