

# Menopause in Singaporean Women

BY NUS BIA-ECHO ASIA CENTRE OF REPRODUCTIVE LONGEVITY AND EQUALITY

The average age of natural menopause is

**49** years

among Singaporean women, with little difference between the three ethnic groups - Chinese, Indian and Malay.<sup>3</sup>



## FACTORS THAT AFFECT THE AGE OF MENOPAUSE

- Numerous factors have been reported to affect the age of menopause including **race, parity, oral contraceptive use, cigarette smoking, education, employment, and marital status.**<sup>1</sup>
- The larger the number of pregnancies with **live births**, the higher the chance of delayed menopause.<sup>3</sup>

## MENOPAUSE SYMPTOMS

The top 2 reported symptoms are:



Muscle/joint aches

**52.6%**



Lethargy

**50.9%**



Insomnia

is another prevalent symptom, peaking during the peri-menopausal period at 12.5%.



Hot flashes

was the highest among peri-menopausal women (14.6%), diminishing in prevalence over time, and largely disappeared beyond the fifth year of menopause.



Ethnicity

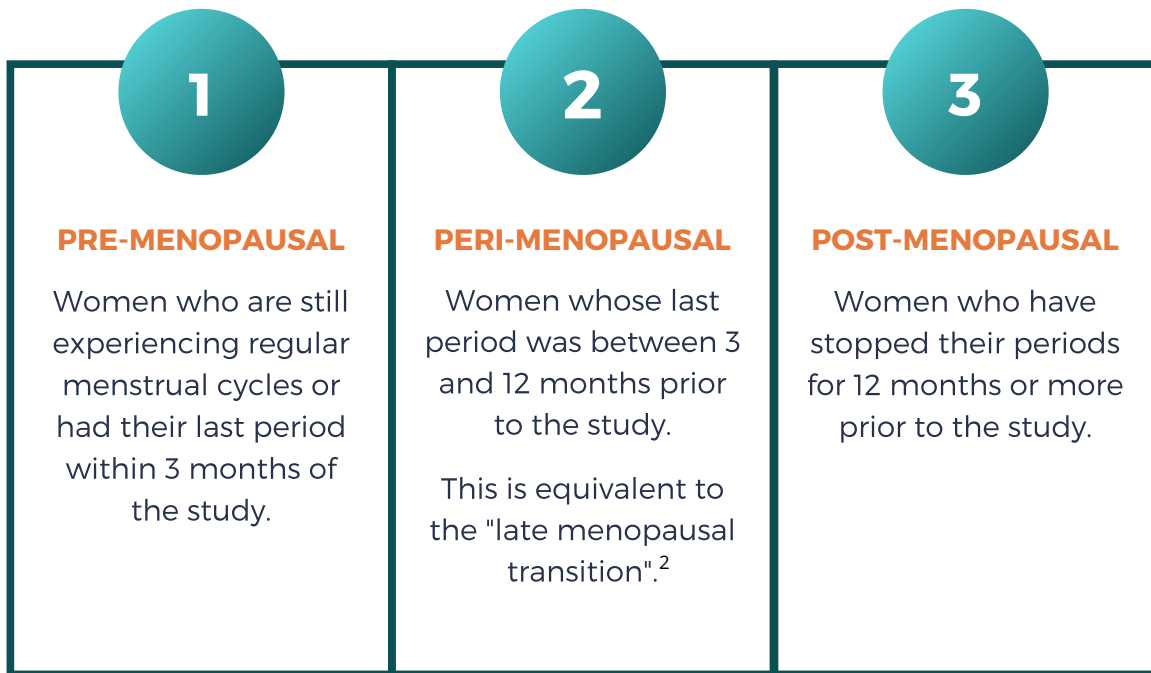


Psychosocial stresses

influenced the risk of experiencing menopausal symptoms.

Chinese women had lower prevalence of menopausal symptoms as compared to Malay or Indian women.

## STAGES OF MENOPAUSE



Source: The age of menopause and the menopause transition in a multiracial population: a nation-wide Singapore study (Low, Khin et al, 2005)

Prevalence of symptom	Pre-menopausal	Peri-menopausal	Post-menopausal
Most prevalent	Muscle and joint aches (10.3%)	Hot flushes (14.6%)	Muscle and joint aches (15.8%)
Second-most prevalent	Headaches (7.3%)	Insomnia (12.5%)	Insomnia (11.5%)
Third-most prevalent	Insomnia (6.1%)	Lethargy (12.5%)	Loss of interest in sex (8.2%)
Fourth-most prevalent	Irritability (6.1%)	Night sweats (10.4%)	Vaginal dryness (6.1%)
Fifth-most prevalent	Difficulty in concentration (5.4%)	Loss of interest in sex (10.4%)	Hot flushes (4.3%)

Source: The age of menopause and the menopause transition in a multiracial population: a nation-wide Singapore study (Low, Khin et al, 2005)

## Key references and resources

- <sup>1</sup> Gold EB, Bromberger J, Crawford S, et al. Factors associated with age at natural menopause in a multiethnic sample of midlife women. *Am J Epidemiol* 2001 May 1;153(9):865-74.
- <sup>2</sup> Soules MR, Sherman S, Parrott E, et al. Executive summary: stages of reproductive aging workshop (STRAW). *Fertil Steril* 2001;76(5):874-8.
- <sup>3</sup> Loh FH, Khin LW, Saw SM, Lee JJ, Gu K. The age of menopause and the menopause transition in a multiracial population: a nation-wide Singapore study. *Maturitas*. 2005 Nov-Dec;52(3-4):169-80. doi: 10.1016/j.maturitas.2004.11.004. Epub 2005 Jan 6. PMID: 16257608.