2020

Annual Report 2020

Family Planning Clinic

Menopause Clinic

Family Planning and Menopause Unit

Obstetrics & Gynecology Department

Faculty of Medicine, Chiang Mai University

Annual Report 2020

Family Planning and Menopause Unit

Obstetrics and Gynecology Department

Faculty of Medicine, Chiang Mai University

Family Planning and Menopause Unit

Assoc. Prof. Dr. Wirawit Piyamongkol M.D., Ph.D.

Prof. Saipin Pongsata M.D

Assoc. Prof. Tawiwan Pantasri M.D., MMed.Sc.

Narisa Sribanditmongkol B.Sc.(nursing)

Nursing Staff: OPD5 Clinic

Kallaya Saengchan B.Sc.(Nursing)

Nuchanart Suntornlimsiri B.N.

Sayamon Cotchapanya M.N.S.

Jeerawan Kanchalart

Kanokkorn Chueathai

Ubonwan Sangla

Preface

The Family Planning and menopause Unit has supported learning of medical students, residents and research including services which are continuously growing. Teaching staff and support staff, their names listed in this annual report, efficiently collaborate so that the Unit is able to respond to excessive need of clients and thus producing high outputs

Statistical records are important basis for medical students and teaching staff for inquiry, planning teaching, service and research. This annual report is then hopefully essential and highly useful for everyone to share the use of data.

This annual report shows data from the Family Planning Clinic, Menopause Clinic. Although nowadays most patients decide contraceptive methods by themselves, there are still significant demands for contraception consultation to the clinic. There are also a growing number of patients with menopausal symptoms. Therefore, the clinic serves as an important resource for health service providing, counseling, teaching and training.

The Family Planning and Menopause Unit
Department of Obstetrics & Gynecology
Faculty of Medicine, Chiang Mai University

CONTENTS

CONTENTS*(Cont.)*

CONTENT OF FIGURES

PART I

Family Planning Clinic

FAMILY PLANNING CLINIC

: Annual Report 2020

Definition:

New cases:

- Those who did not use delivery service at Maharaj Nakorn Chiang Mai Hospital, Visiting for contraception after delivery.
- Those who received contraception service at this clinic and requested to change for new method.
- Those who received contraception service from other medical facilities and visited to change to a new method.
- Those who received one type of contraception prior to the last gestation and resumed the same method as before.
- Those who received counseling and contraception service for the first time.

Ongoing cases:

- Those who attended postpartum care service and already had tubal resection after delivery. Who refused use contraception method or decided to receive service from other medical facilities
- Those who has taken any method of contraception and came in for contraceptive continuation.

Table1. Contraception service cases distribution by districts

Districts	Number(cases)	Percent
Muang Chiang Mai	296	26.5
Maerim	25	2.2
Maetang	37	3.3
Sansai	82	7.4
Sankampang/ Mae-on	88/ 16	7.9/ 1.4
Doisaked	52	4.7
Prao/ Om-koi	15/ 6	1.3/ 0.5
Hangdong	112	10.0
Sarapee	88	7.9
Sanpatong/Maewang	40/ 17	3.2/ 1.5
Chomtong/Doilor	17/ 8	1.5/ 0.7
Sa-moeng	1	0.1
Chiangdao / Wianghang	15/ 6	1.3/ 0.5
Fang/Chaiprakarn	11/ 5	0.9/ 0.4
Mae-ei	4	0.4
Hod	6	0.5
Doi-tow	7	0.6
Maecham	9	0.8
Kallayaniwattana	1	0.1
Lampang	17	1.5
Lamphun	75	6.7
Chiang Rai	14	1.3
Maehongson	23	2.1
Other province in North zone	15	1.3
Other province/ Unknown	4/1	0.4/0.1
Total	**1,114**	**100.0**

Table 2. Contraception service cases distribution by provinces

provinces	Number(cases)	Percent
Muang Chiang Mai	296	26.5
Other district in Chiang Mai	670	60.1
Lampang	17	1.5
Lamphun	75	6.7
Chiang Rai	14	1.3
Mae Hong Son	23	2.1
Other provinces	19	1.7
Total	**1.114**	**100.0**

Figure 1.1 Contraception service visit distributed by provinces
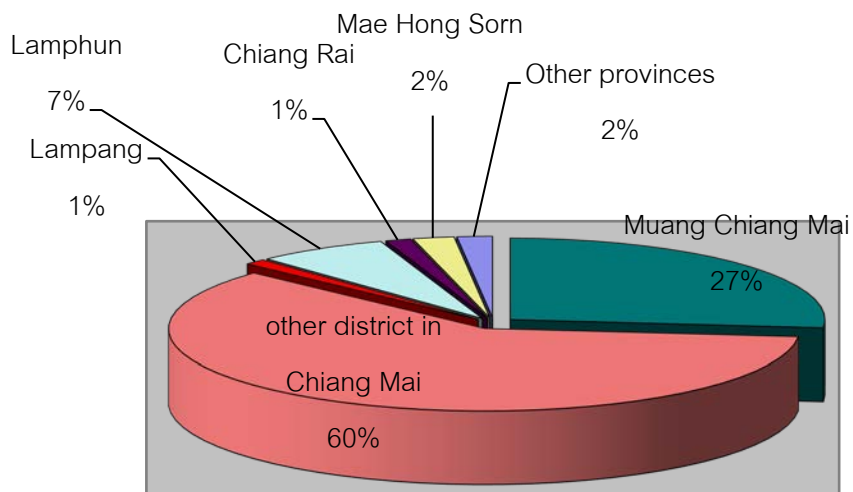
Table 3. Demographic characteristics of cases visited the Family Planning Clinic

Characteristics	Number (cases)	Percent
Cases		
New	870	78.1
Ongoing	244	21.9
Total	**1,114**	**100.0**
Age groups (years)		
11–15	1	0.1
16–20	112	10.1
21–25	216	19.4
26–30	299	26.8
31–35	263	23.6
36–40	166	14.9
41–45	43	3.9
46–50	10	0.9
>50	3	0.3
Unknown	1	0.1
Total	**1,114**	**100.0**
Mean age 29.6 ± 6.7 years; range 14–60 years		
Marital status		
Single/ student/ under graduate	71	6.4
Married	1,031	92.5
Widow	2	0.2
Divorce/Separated	3	0.2
Unknown	8	0.7
Total	**1.114**	**100.0**
Occupations		
Agriculture	7	0.6
Merchant	60	5.4
Employee	522	46.8
Government officer/ employee	112	10.0
Business	41	3.7
Housewife	229	20.5
Student/ Under graduated	143	12.8
Unemployed	1	0.1
Total	**1,115**	**100.0**

Table 3. Demographic characteristics of cases visited the Family Planning Clinic (cont.)

Characteristics	Number(cases)	Percent
Education		
None	70	6.3
Primary 1–6	33	3.0
Mattayom 1–3	71	6.4
High school	269	24.0
Vocational education	36	3.2
High vocational education	77	6.9
Diploma	6	0.5
Bachelor degree	494	44.3
Master degree/ Higher	58	5.2
Total	**1,114**	100.0
Ethnicity		
Thai	1,070	96.3
Kaliang(pagakayor)	1	0.1
Aekor (Aka)	–	–
Muesor(monk/maew)	–	–
Lee–sor	1	0.1
Lue (Lawa/Tinn)	–	–
Hor Chinese	1	0.1
Taiyai	12	1.1
Lao	1	0.1
Myanmar	28	2.5
Total	**1,114**	100.0

Figure 1.2 Age groups of contraceptive women
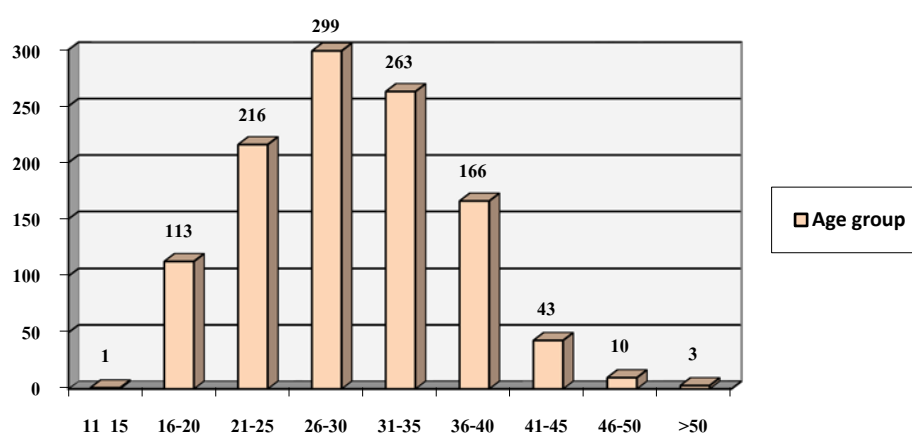
Table 4. Gestation of women who got visiting for contraception

No of gestation	Number	Percent
No previous gestation	148	13.4
1	467	41.9
2	341	30.6
3	110	9.9
4	35	3.1
5	8	0.7
6	4	0.4
7	1	0.1
Total	1,114	100.0

Table 5. Gestational parity history of women who visited family planning clinic

Full term		Premature		Abortion		Alive	
	Number(%)		Number(%)		Number(%)		Number(%)
0	213 (19.2)	0	1,023 (91.8)	0	894 (80.3)	0	163 (14.7)
1	544 (48.8)	1	85 (7.6)	1	170 (15.2)	1	543 (48.7)
2	304 (27.3)	2	5 (0.4)	2	39 (3.5)	2	346 (31.1)
3	45 (4.0)	3	1 (0.1)	3	9 (0.8)	3	55 (4.9)
4	5 (0.4)			4	2 (0.2)	4	4 (0.4)
5	1 (0.1)					5	2 (0.2)
6	–					6	–
7	1 (0.1)					7	1 (0.1)
	1,114 (100.0)		1,114 (100.0)		1,114 (100.0)		1,114 (100.0)

Table 6. Interval of last pregnancy of women visiting for contraception

Last pregnancy interval	Number (N=1,371 visit)	Percent
No previous pregnancy	249	18.2
Post partum < 6 wks	28	2.0
Post–partum 6 weeks	829	60.5
Post–abortion4–6 weeks	25	1.8
Last pregnancy interval less than 1 year	96	7.0
1 – 2 years	25	1.8
3 – 5 years	39	2.8
6 – 10 years	26	1.9
11 – 15 years	16	1.2
16 – 20 years	4	0.4
> 20 years	6	0.4
Missing	28	2.0
Total	**1,371**	**100.0**

Note: Some ongoing contraception service. The individual last interval of pregnancy is changed and duplicated for data counting. Such as post partum or post abortion and last pregnancy less than 1 year.

Table 7. Lactation feeding and sexual intercourse during 6 weeks post–partum

Lactation feeding	Number (970 cases)	Percent
Lactation Feeding: *(n=1,028 cases)*		
Breast feeding only	625	75.4
Breast feeding & water	0	00
Breast & Bottle feeding	164	19.8
Bottle feeding only	35	4.2
No/Unknown	5	0.6
Post–partum SI (*n= 970*) / post abortion SI (*n= 25*)		
No	786 / 25	94.8 / 100
Yes	43 / 0	5.2 / 0
Post partum/ Post abortion SI: Range 1–5 episodes		

Table 8. Reasons or complaints which client visit Family Planning Clinic

Reason	Number(visit)	Percent
Post partum 6 weeks follow up	829	60.5
post LTR/STR follow up	–	–
IUD follow up	14	1.0
Implantation follow up	175	12.8
DMPA continue	63	4.6
OCP continue	–	–
Changed new IUD	8	0.6
Changed new implant	12	0.9
Contraceptive used	129	9.4
Contraception withdraw (off IUD, off Implant)	18	1.3
Changed Contraceptive method	19	1.4
Contraception counseling	6	0.4
Abnormal uterine bleeding	7	0.5
Post abortion follow up	23	1.7
Check up	5	0.4
Complication post contraception	22	1.6
Post partum complication	34	2.5
Others (endometriosis treatment, prevention)	7	0.5
Total	**1,371**	**100.0**

Table 9. Last delivery routes of post–partum women

Type of delivery	Number (cases)	Percent
Vaginal delivery	559	67.4
Cesarean section	261	31.5
Cesarean section with hysterectomy	2	0.2
Vaginal delivery with Hysterectomy	–	–
Unknown	7	0.8
Total	**829**	**100.0**

Table 10 Contraceptive methods were serviced at Family Planning Clinic

Contraception methods	New cases Number (%)	Ongoing cases Number (%)	Total Number (%)
None	74 (7.5)	25 (4.4)	91 (6.6)
Combined Oral pill	38 (3.9)	10 (1.7)	26 (1.9)
Minipill (Exluton/ Cerazette)	325 (33.0)	16 (2.8)	214 (15.6)
DMPA	287 (29.2)	124 (21.6)	320 (23.3)
Implanon / Jadelle	34/ 107 (3.5/10.9)	42/ 142 (7.3/ 24.7)	105/256 (7.7/18.7)
ATR	–	180 (34.1)	180 (13.1)
LTR/ STR	–	–	–/–
IUD	4 (0.4)	11 (1.9)	33 (2.4)
Condom	113 (11.5)	7 (1.2)	135 (9.8)
Vasectomy	1 (0.1)	–	11 (0.8)
รวม	983 (100.0)	574 (100.0)	1,371 (100.0) ※

※ Number of service time for contraceptive methods with duplicated ongoing cases

Table 11. Contraceptive methods used in clients which have sexual relation during 6 weeks post-partum

Contraceptive method	Number(cases)	Percent
Post ATR	7	16.3
Condom	8	18.6
Coitus interruptus	12	27.9
Oral pill	2	4.6
None	14	32.6
Total	**43**	**100.0**

Table 12. Menstruation patterns of contraceptive clients

Menstruation pattern	Number(visit)	percent
Post contraception amenorrhea	142	10.4
Postpartum amenorrhea (6 wks)	850	62.0
Regular menstruation	252	18.4
Irregular / Spot bleeding	74	5.4
Post–abortion amenorrhoea	23	1.7
Excessive / prolong bleeding	13	0.9
Menopausal amenorrhea	5	0.4
Unknown	12	0.9
Total	**1,371**	**100.0**

Figure 1.3 Contraception service distributed by contraceptive methods
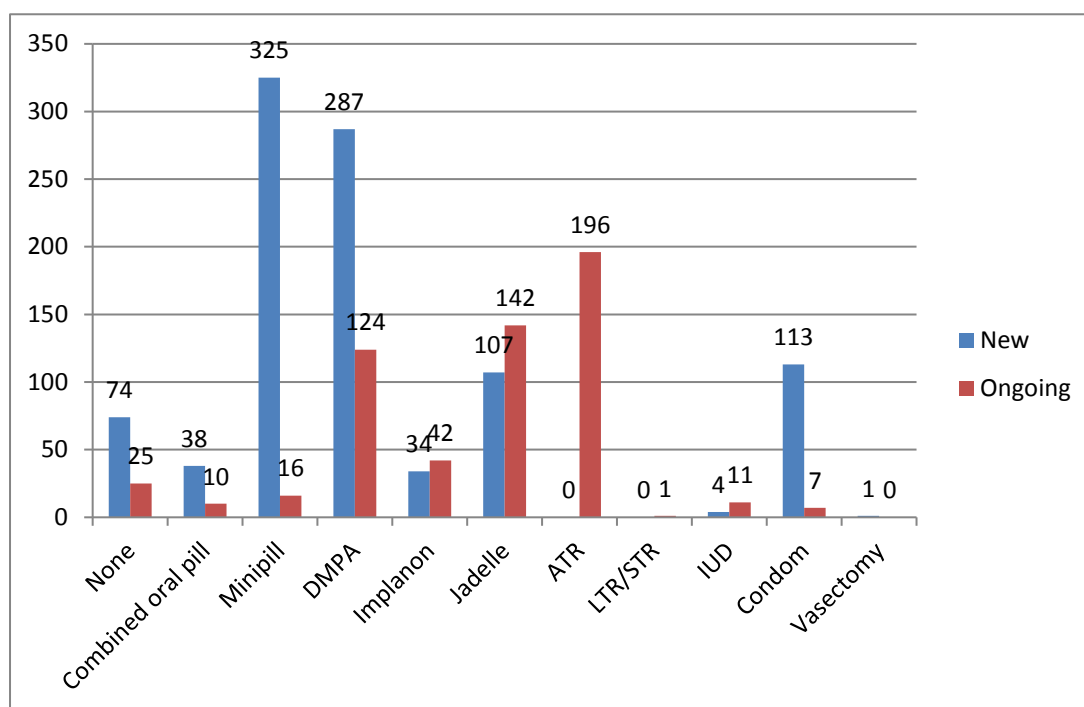
Table 13. Other treatment services at Family Planning Clinic

Treatments	Number (n=1,371 visits)	Percent
Set LTR/ STR	–	–
New implant contraceptive insertion	164	11.9
New IUD insertion	16	1.2
Counseling/ education	1,338	97.6
IUD removal	13	0.9
Implantation removal	44	3.2
PAP smear and pelvic examination	818	59.7
Pelvic examination	76	5.5
Biopsy	1	0.1
Urine analysis	5	0.4
Urine pregnancy test	45	3.3
Antibiotic /Anti–parasitic treatment	10/–	0.7
Admit/ Refer to other OPD	0/ 4	0 / 0.3
Biopsy results perceptibility	5	0.4
Blood examination	16	1.2
Wound dressing / inspection	–	–
Tetanus toxoid injection	–	–
Post–partum OGTT (Negative/ Positive >140)	304 (178/81)	22.2
Blood test results perceptibility	3	0.2
Anti–fungus drug	0	0
Trichloro–acetic acid/ Agno3 cauterizing	–	–
Ultrasound	8	0.6

Table 14. Underlying or any problems among contraceptive clients in visit

Underlying problems	Number (visit)	Percent
None	1,035	75.5
Abnormal cervical cell Pap (LSIL/ AS–CUS) colposcopy	–	–
HIV antibody positive/ late syphilis	–/–	–
DUB	14	1.0
Infected wound	3	0.2
Urinary tract infection	2	0.1
Vaginitis/cervicitis	2	0.1
Leukorrhoea/ candidiasis	1	0.1
Discomfort post contraception (Acne, Weight gain)	9	0.7
Gestational diabetes mellitus /DM	302	22.0
Metritis	–	–
Others	3	0.2
Total	**1,371**	**100.0**

Table 15. Contraceptive methods used in teenage group (age <=20 years)

Contraceptive method	Number(cases)	Percent
Post ATR	3	2.6
Condom	2	1.8
Minipill (Cereazette)	7	6.1
DMPA	17	14.9
Implanon	21 (+1)*	19.3
Jadelle	58	50.9
None	5	4.4
Total	**114**	**100.0**

*A case changed from DMPA > Implanon

Table 16. Demographic data of teenage group who received family planning services

Characteristics	Number(cases)	Percent
Marital status		
Single/ student/ under graduate	38	33.6
Married	74	65.5
Widow	1	0.9
Occupations		
Agriculture	2	1.8
Employee	6	5.3
Government officer/ employee	1	0.9
Business	1	0.9
Housewife	21	18.4
Student/ Under graduated	82	72.8
Education		
None	6	5.3
Primary 1–6	2	1.8
Mattayom 1–3	10	8.9
High school	80	70.8
Vocational education	8	7.0
High vocational education	2	1.8
Bachelor degree	5	4.4
Last pregnancy		
No previous conception	75	66.4
Post partum < 6 wks	1	0.9
Post–partum 6 weeks	30	26.5
Last pregnancy interval less than 1 year	5	4.4
3–5 years	2	1.8
Gravida:		
0	74	65.5
1	29	25.7
2	5	4.4
3	5	4.4
Total	113	100

Table 17. Contraception service divided by month during year 2020   New*= New cases, Ong** = Ongoing cases

Month	None		Combined Oral pill		Minipill		DMPA		Implanon /Jadelle		ATR		LTR/STR		IUD		Con dom/ Vasectomy		Total	
	New*	Ong**	new	ong	new	ong	new	ong	new	ong	new	ong	new	ong	new	ong	new	ong	new	ong
January	5	2	3	1	35	0	22	11	5/12	3/14		23	0	0	0	5	13/1	0	96	63
February	3	0	0	1	18	1	20	4	10/9	6/11		14	0	1	0	1	17/1	1	78	37
March	5	5	3	0	13	0	17	7	4/11	5/14		13	0	0	1	2	11/1	0	66	54
April	3	1	1	0	10	0	11	4	4/1	0/1		15	0	0	2	0	9	0	41	15
May	3	2	0	0	21	0	21	5	4/5	5/7		27	0	0	2	5	16	1	72	37
June	9	3	4	1	19	0	32	8	8/9	5/7		9	0	0	0	2	15	0	96	48
July	2	3	0	1	3	0	14	2	5/8	5/11		26	0	0	0	1	5	0	37	35
August	11	4	0	0	21	1	36	6	4/19	6/22		10	0	0	1	0	9/1	1	102	58
September	5	0	2	2	18	0	21	4	3/10	5/8		11	0	0	3	0	5	1	67	39
October	4	6	1	0	21	0	18	4	4/13	2/19		13	0	0	2	0	9/3	2	75	41
November	6	1	4	0	24	1	17	4	4/11	3/19		16	0	0	1	2	12	0	79	38
December	8	0	2	0	8	0	24	8	25	3/10		19	0	0	1	2	8/3	0/1	61	36
Total	64	27	20	6	211	3	253	67	57/113	48/143		196	–	1	13	20	129/10	1	870	501

PART II

Menopause Clinic

MENOPAUSE CLINIC

: Annual report 2020

Definition:

Number of service time: Frequency of service or treatment of menopausal women

New cases: The women who visit to menopausal clinic for the first time.

Ongoing cases: The women who visit for follow up or ongoing service at menopause clinic.
Individual may visit more than one time.

Natural Menopause: including

– Pre-menopause: Women age > 40 years who have menopausal symptoms and irregular menstruation or absence of menstruation not longer than 3 months.

– Peri-menopause: Women age > 40 years who have menopausal symptoms and irrregular menstruation or absence of menstruation for 3–11 months.

– Post-menopause: Women age > 40 years who have menopause as a result of natural ovarian atrophy and absence of menstruation over 1 year.

Surgical menopause: Women who have bilateral ovaries and/or uterus removed by surgery

Premature menopause: Women age < 40 years who have menstruation absence and clinical diagnosis as premature menopause from all causes such as premature ovarian failure, Systemic Lupus Erythrematosus (SLE), Parathyroid disease, Thyrotoxicosis or others.

Menopausal service during the year 2020:

Number of new cases (first visit)	182 cases
Number of ongoing (follow up) cases	2,021 cases
Total cases of service	2,203 cases
Total frequent of service time	5,813 times

Table 1. Menopausal service of new and ongoing cases (**N=2,203**)

Cases	Number (case)	percent
New (first visiting in menopause clinic)	182	8.3
Ongoing cases (continued year 2019)	2,021	91.7
Total	**2,203**	**100.0**

Table 2. Service times of new and ongoing cases

Cases	Number (visits)	percent
New service times	182	3.1
Ongoing services times	5,631	96.9
Total	**5,813**	**100.0**

Table 3. Menopausal women distribution by districts

Districts	New cases	Total
	Number(%)	Number (%)
Chiang Mai	156 (85.7)	
Muang Chiang Mai	79 (43.4)	948 (43.0)
Maerim	6 (3.3)	109(4.9)
Maetang	8 (4.4)	43 (2.0)
Chiangdao	2 (1.1)	28 (1.3)
Fang	–	25 (1.1)
Doisaket	5 (2.7)	87 (3.6)
Chaiprakarn	–	7 (0.3)
Wiangpapao	–	2 (0.1)
Sansai	17 (9.3)	190 (8.6)
Prao	2 (1.1)	13 (0.6)
Hangdong	10 (5.5)	109 (4.9)
Sanpatong	5 (2.7)	57 (2.6)
Chomthong	–	17 (0.8)
Hod	–	8 (0.4)
Doi–towe	–	4 (0.2)
Maecham	–	7 (0.3)
Sarapee	9 (4.9)	132 (6.0)
Sankampang	10 (5.5)	93 (4.2)
Samoeng	–	3 (0.1)
Aoem–koi	–	1 (0.0)
Mae–aei	–	2 (0.1)
Wianghaeng	1 (0.3)	1 (0.0)
Mae–on	–	3 (0.1)
Doi Lor	2 (1.1)	13 (0.6)
Maewang	1 (0.5)	15 (0.7)

Table 3. Menopausal women distribution by districts (cont.)

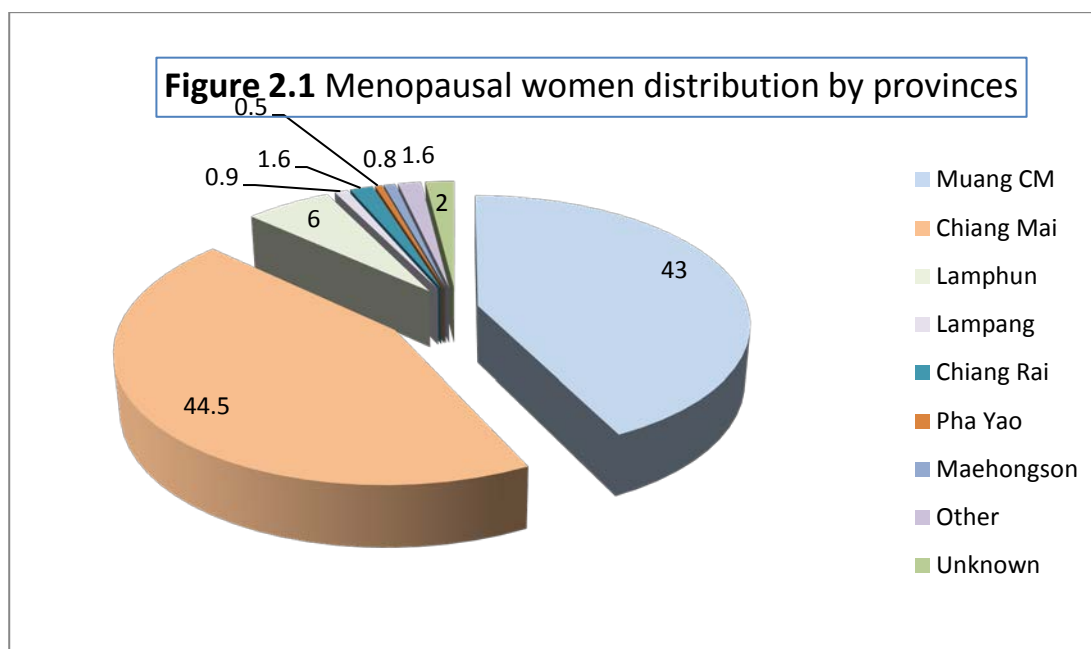| Districts	New cases Number (%)	Total Number (%)
Lamphun	6 (3.3)	133 (6.0)
Lampang	2 (1.1)	19 (0.9)
Chiang Rai	2 (1.1)	35 (1.6)
Pha Yao	1 (0.5)	11 (0.5)
Mae Hong Son	2 (1.1)	17 (0.8)
Tak	1 (0.5)	5 (0.2)
Other province	5 (2.7)	35 (1.6)
Unknown	7 (3.8)	44 (2.0)
Total	182 (100.0)	2,203(100.0)

Figure 2.1 Menopausal women distribution by provinces

Table 4 Demographic characteristics of menopausal women visit Menopause Clinic

	New cases Number (%)	Total cases Number (%)
Education		
None	6 (3.3)	35 (1.6)
Primary school	20 (11.0)	301 (13.7)
Mattayom	29 (15.9)	209 (9.5)
Vocational education	5 (2.7)	103 (4.7)
High vocational education	2 (1.1)	23 (1.0)
Diploma	2 (1.1)	39 (1.8)
Bachelor degree	45 (24.7)	867 (39.4)
Master degree or higher	31 (17.0)	322 (14.6)
Unknown	42 (23.0)	304 (13.8)
Total	**182 (100.0)**	**2,203 (100.0)**
Occupations		
Housewife	26 (14.3)	290 (13.2)
Agriculture	3 (1.6)	39 (1.8)
Merchant	22 (12.1)	144 (6.5)
Government officer/ employee	38 (20.9)	976 (44.3)
Permanent employee	12 (6.6)	96 (44)
Business	6 (3.3)	39 (1.8)
Retirement/ Elderly	21 (11.5)	266 (12.1)
Employee	20 (11.0)	168 (7.6)
Unemployed/ Unknown	26 (14.3)	141/ 44 (6.4/ 2.0)
Total	**182 (100.0)**	**2,203 (100.0)**
Marital status		
Single	37 (20.3)	315 (14.3)
Married	130 (71.4)	1,676 (76.1)
Widow	3 (1.6)	84 (3.8)
Divorce/ Separated	10 (5.5)	118 (5.4)
Unknown	2 (1.1)	10 (0.5)
Total	**182 (100.0)**	**2,203 (100.0)**

Table 5. Menopausal women categorized by menopausal period

Menopausal Status	New case		Total case	
	Number	Percent	number	percent
Pre–menopause	13	7.1	143	6.5
Peri–menopause	43	23.6	510	23.2
Post–menopause	97	53.3	933	42.4
Surgical menopause	24	13.2	561	25.5
Premature menopause	3	1.6	32	1.5
Others	2	1.1	24	1.1
Total	182	100.0	2,203	100.0

Others : such as: women age > 40 years is regular menstrual cycle and no menopausal symptom
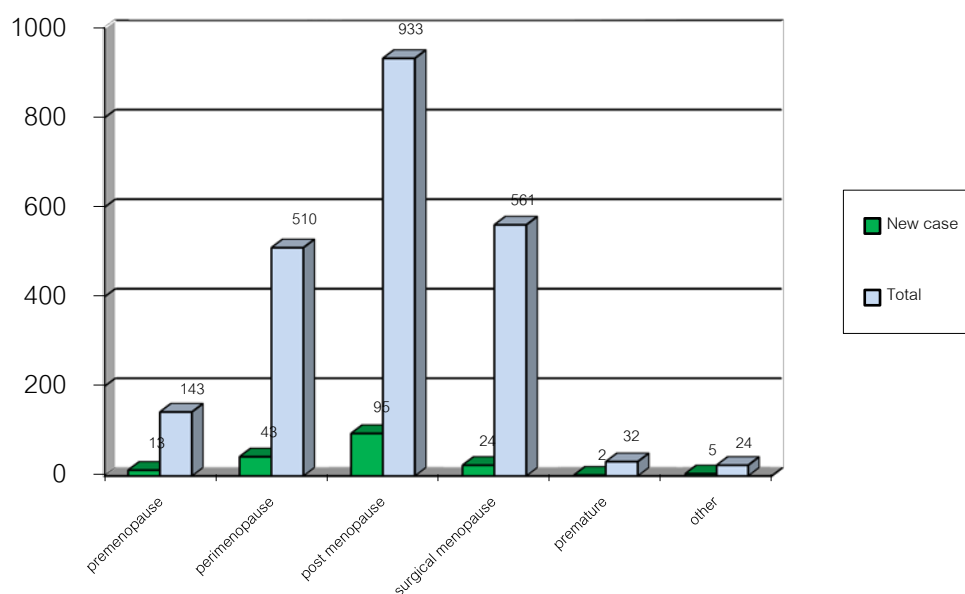
Figure 2.2 Menopausal women distribution by menopausal status

Table 6. Age groups of menopausal women

Age groups (years)	New cases		Total cases		Present age	
	Number	Percent	Number	Percent	Number	percent
<= 35	7	3.8	28	1.3	8	0.4
36–40	5	2.7	49	2.2	11	0.5
41–45	16	8.8	237	10.8	37	1.7
46–50	39	20.9	682	30.9	141	6.4
51–55	62	34.1	686	31.1	329	14.9
56–60	25	13.7	310	14.1	439	19.9
61–65	20	11.0	149	6.8	539	24.5
66–70	6	3.3	46	2.1	411	18.7
>70	2	1.6	16	0.8	288	13.1
Total	182	100.0	2,203	100.0	2,203	100.0

New case: Mean age 53.3 $\pm$ 7.9 years, Age Range 33–82 years

Total case: Mean age 51.7 $\pm$ 6.6 years, Age Range 18– 82 years

Present age: Mean age 61.4 $\pm$ 8.3 years, Age Range 18– 89 years
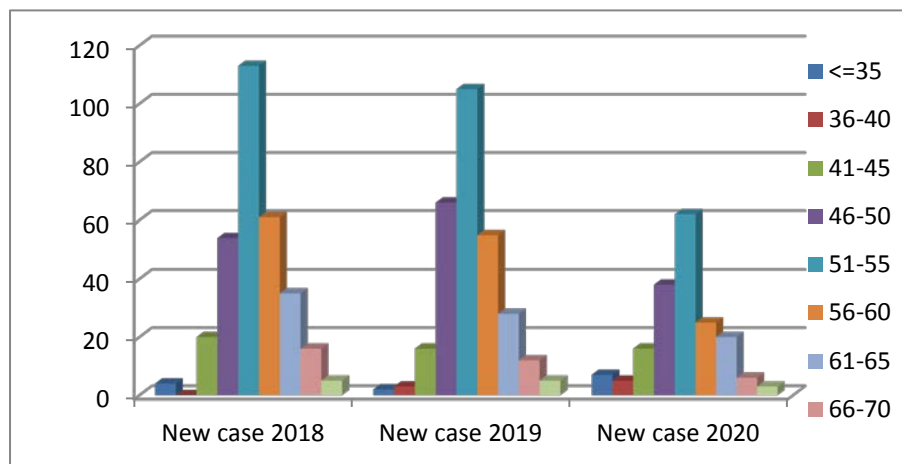
Figure 2.3 Age groups of new menopausal women of year 2018 to 2020

Table 7. Age of new menopausal women categorized by menopausal period

Menopausal period	Number (n=182)	Age range (Min–Max)	Mean Age (Mean±SD)
Pre–menopause	13	49–57	52.5 ± 3.3
Peri–menopause	43	33–56	48.4 ± 4.6
Post–menopause	97	39–82	56.3 ± 7.2
Surgical menopause	24	36–68	50.9 ± 7.5
Premature menopause	3	33–39	35.7 ± 3.0
Normal / Check up	2	38–58	48.0 ± 14.1

Note : Age was present at first visit

Table 8. Frequency of clinical service for each women per year

Frequency visit/ year	Number cases	Percent
1	406	18.5
2	647	29.4
3	648	29.4
4	374	17.0
5	102	4.6
6	25	1.1
7	1	0.04
Total	**2,203**	**100.0**

Range (min – max)   =   1–7   visits/year/case

Mean ± SD = **2.6 ± 1.1** visits/ year/ case

Definition of menopausal symptoms:

Classic symptoms : such as: Hot flush, hot flash, sweating, sleeping difficulty, sleep disturbance

Uro-genital symptoms : such as: frequent urination, urge urination, coughing or sneezing urinary incontinence, urinary burning, vaginal dryness or burning, dyspareunia, decreasing or loss of libido

Musculo-skeletal symptoms : such as: musculo-skeletal ache, myalgia, waist/back/leg myalgia

Atrophic symptoms : such as: dry skin, dry hair, dry eye, irritation/ itching skin.

Psychological symptoms : such as: tiredness, lack of energy, mood change, sensitive, depression, fear of public, anxiety.

Climacteric symptoms : such as: more than one menopausal categories as above and other associated menopausal symptoms

No symptom : No menopausal symptoms, routine physical check up, health care needed

Table 9. Menopausal service categorized by menopausal symptoms

Symptoms	Number(visit) (N=5,813)	Percent	Number(case) (N=2,203)	Percent
Climacteric symptoms	60	1.0	60	2.7
Classic symptoms	155	2.7	140	6.3
Uro-genital symptoms	181	3.1	160	7.2
Musculo-skeletal symptoms	120	2.1	119	5.4
Atrophic symptoms	109	1.9	104	4.7
Psychological symptoms	216	3.7	203	9.2
No symptom/ Improvement	4,698 /2	80.8/ 0.03	2,020 / 2	91.6/ 0.1

Note : Menopausal symptoms in individual may be more than one.

Table 10. Menopausal symptoms categorized by complaints in new cases

Symptoms	Number (N=182)	Percent
Climacteric symptoms	54	29.7
Classic symptoms	61	33.5
Uro–genital symptoms	59	32.4
Musculo–skeletal symptoms	46	25.3
Atrophic symptoms	60	33.0
Psychological symptoms	80	44.0
No symptom	21	11.5
Others	0	0

Note : Menopausal symptoms in individual may be more than one.
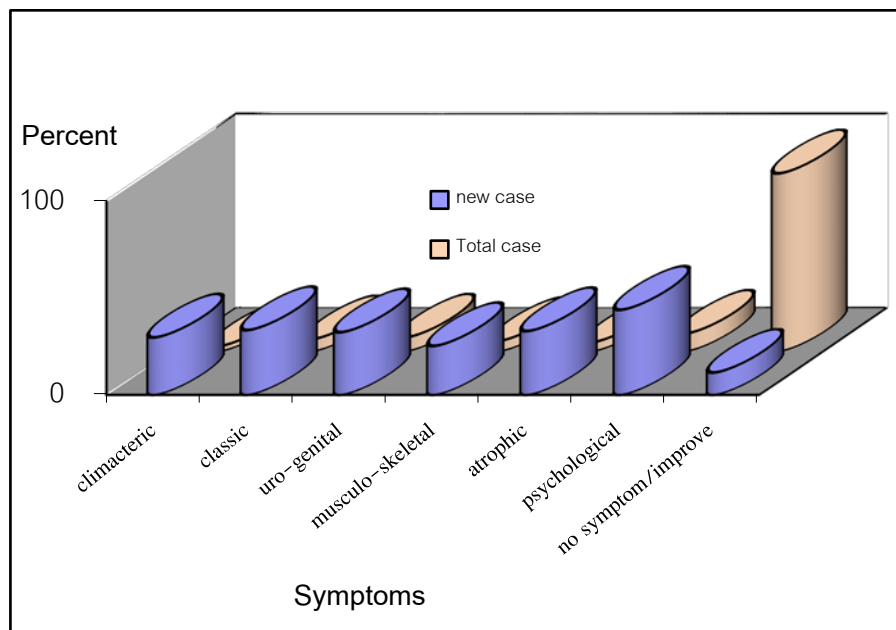
Others : –

Figure 2.4 Menopausal symptoms of new cases and total cases

Table 11. Service and treatment of new menopausal women

Service/Treatment	Number(N=182)	Percent
Health education/Advice	153	93.2
Advice & Health check–up(Lab & mammogram)	5	2.7
HRT discontinued	–	–
FSH/E2	2	1.1
Lab Results /No HRT/ Physician consultation	7	3.8
Endometrial Curettage	1	0.5
Repeat Lab examination only	20	11.0
Refer to other clinics consultation	4	2.1
Symptomatic treatment	3	1.6
PAP smear /Pelvic examination	30/ 6	16.5/ 3.3
Refer to nearby hospital	0	0.0
Pelvic ultrasound	1	0.5
Routine Check–up	17	10.4
BMD assessment	8	4.4
Mammogram appointment	25	17.8
Calcium/ vit D/K supplement	51	14.0
Medication:		
Start HRT	59	30.2
Hormone treatment continuation/ Reuse	11/ –	6.0/ –
SERMs	0	0
Livial	4	2.2
Low dose hormone	–	–
Bisphosphonate drugs (Actonel/ Fosamax/ Bonviva)	–	–
Ostex	–	–
Dyslipidemia drug treatment	5	3.6
Premarin cream	0	0.0
Prestiq/ Remifemin	3	1.6
Regelle/ Igeena/ Gynoflor	6/ –/ 11	0.3/ 0/ 6.0

Note: New menopausal women 185 cases, each women may have more than one service or treatment such as advice/counseling, mammogram appointment and PAP smear, etc.

70 (36.2%) new menopausal cases have used hormone therapy

Table12. Service and treatment of ongoing menopausal women

Service/Treatment	Number (N=5,813)	Percent
Health education	173	3.0
Advice / health check up	40	0.7
Hormone discontinuation	22	0.4
FSH/ E2	4	0.07
Hormone regimen change	2	0.03
Hearing Lab / physician consultation	848	14.6
Endometrial curettage/ Endocell sampling	8	0.1
Repeat lab examination only	1,456	25.0
Refer to other clinic consultation	110	1.9
Symptomatic treatment	78	1.3
PAP smear / Pelvic examination	273/ 51	4.7 / 0.9
Refer to nearby hospital	3	0.05
Repeat ultrasound	18	0.3
BMD assessment	210	3.6
Mammogram appointment	391	6.7
Routine annual check up	193	3.3
Others	4	0.07
Medication:		
Start hormone replacement / Reuse	73/ 2	1.2/ 0.03
Hormone continuation	1,183	20.3
SERMs	203	3.5
Livial	116	2.0
Low dose hormone	23	0.4
Oral Bisphosphonate drugs (Actonel/ Fosamax/	116	2.0
Protaxos	1	0.0
Aclasta	13	0.2
Dyslipidemia drugs	1,879	14.4
Premarin cream	1	0.0
Pristiq/ Remifemin	26	0.4
Deosumab (Polia) /Ostex bisphosphonate inj (3 mo)	10/ 174	0.2/ 3.0
Regelle / Gynoflor	20 / 154	0.3 / 2.6
Calcium / vit D, K supplement	4,638	79.8

Note : Each women may have more than one service and treatment in each visit

Table 13. Adverse events (AE) in menopausal women

Adverse events	(No episode) Hormonal AE*/ total AE	Percent Hormone case(559)*/ total cases(2,203)
Abnormal Vg bleeding	7 / 13	1.2 / 0.6
Breast engorgement/ pain	1 / 2	0.2 / 0.1
Weight gain	0 / 0	–
Endometrium hyperplasia	0 / 0	–
Breast cyst/mass (Benign: BIRADS I– II)	21/ 119	12.4 /18.0
Breast cancer or R/O (BIRADS III– V)	0 / 1	0 / 0.05
Leukorrhea (Bacterial vaginitis, Candidiasis, vulvitis)	0 / 1	0.4 / 0.05
Pelvic pain	0/ 2	0.4 / 0.1
Acne/ Melasma	0/ 0	–
Myoma uteri	0 / 0	–
Ovarian cyst	0 / 0	–
Headache/ vertigo	7/ 24	1.2 / 1.1
Bowel discomfort	5/ 14	0.9 / 0.6
Hormone patch discomfort (rash/irritation)	–/ –	–/ –
Rash or itching skin irritation	3/ 14	0.5 / 0.6
Musculo–skeletal ache	7/ 52	1.2 / 2.4
Chest discomfort	1/4	0.2 / 0.2
Other	0 / 0	–
Total adverse event	52 / 246	9.3 / 11.2

Others : None

Total hormonal cases*/ Total cases   559 / 2,203   case (25.4%)

Total dispensed hormone visits*/ Total visits   1,306 / 5,813 visit (22.5%)

Table 14. Others disorder or adverse event (AE) in menopausal women

Adverse events	Number (Total AE= 115))	Percent
Menopausal symptoms post hormone withdraw	0	0
Hormonal AE	7	6.1
Bisphosphonate AE	0	0.0
Calcium AE	1	0.9
Gynecological disorder	1	0.9
Medical problem	16	13.9
Musculo–skeletal problem	29	25.2
Eye problem	15	13.0
Others menopausal symptoms	2	1.7
Stress/ tension headache	14	12.2
Others disorder	30	26.1

Note: Other Disorders consist of: – weight loss, numbness limb, Ear symptoms, hair fall, heart palpitate, bore, MDD, rhinitis,

Table 15. Reasons of hormonal discontinuation

Reason of hormone discontinuation	Number case (%)
No abnormal symptom / well–being	17
Abnormal breast mass/ BCA hx	1
Fear of hormonal adverse events	1
Physician advice > try off /Prolong use	–
Patient try off by herself	1
Patient request to withdraw hormone	1
Increase of liver enzymes	–
Underlying disease	–
Hormonal adverse events	0
Breast cyst/ Breast mass	0
R/O Abnormal breast mass	1
Total case of hormone discontinuation	**22 / 559 (3.9%)**

Table 16. Underlying diseases of menopausal women

Underlying diseases	New case Number (%)	Total case Number (%)
None	124 (68.1)	746 (33.9)
SLE	1 (0.5)	5 (0.2)
Thyrotoxicosis/ thyroid disease	–	21 (1.0)
Diabetes Mellitus	2 (1.1)	15 (0.7)
Hypertension	14 (7.7)	108 (4.9)
CA Breast post mastectomy	–	21 (1.0)
Premature ovarian failure	–	–
Dyslipidemia	14 (7.7)	308 (14.0)
Nephrotic syndrome	1 (0.5)	2 (0.1)
Osteopenia	1 (0.5)	102 (4.6)
Osteoporosis	2 (1.1)	88 (4.0)
Osteopenia and dyslipidemia	–	147 (6.7)
Osteoporosis and dyslipidemia	–	104 (4.7)
Osteoporosis & Hypertension & dyslipidemia	–	72 (3.3)
Cervical cancer post surgery	–	4 (0.2)
Dyslipidemia & Hypertension	4 (2.2)	191 (8.7)
Diabetes Mellitus & Hypertension	2(1.1)	12 (0.5)
Osteopenia & Dyslipidemia & Hypertension	–	98 (4.4)
Osteopenia & Hypertension	–	25 (1.1)
Osteoporosis & Hypertension	–	22 (1.0)
Diabetes Mellitus & Dyslipiddemia & Hypertension	–	55 (2.5)
Diabetes Mellitus & Dyslipiddemia	–	6 (0.3)
Osteopenia & DM & DLP & Hypertension	–	1
Osteoporosis & DM & DLP & Hypertension	–	2 (0.1)
Others	13 (7.1)	48 (2.2)
Total	182 (100.0)	2,203 (100.0)

Others :

No of new cases: year 2019/ 2020   292 / 182   cases

No of total cases: year 2019/ 2020   2,429 / 2,203 cases

No of service times: year 2019/ 2020   6,492 / 5,813 visits