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Annual Report 2021

Family Planning Clinic

Menopause Clinic



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

Annual Report 2021

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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.

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PART I

Family Planning Clinic

FAMILY PLANNING CLINIC

: Annual Report 2021

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	375	34.0
Maerim	31	2.8
Maetang	19	1.7
Sansai	77	7.0
Sankampang/ Mae-on	82/ 10	7.4/ 0.9
Doisaked	48	4.3
Prao/ Om-koi	14/ 5	1.3/ 0.5
Hangdong	91	8.3
Sarapee	95	8.6
Sanpatong/Maewang	54/ 13	4.9/ 1.2
Chomtong/Doilor	11/ 17	1.0/ 1.5
Sa-moeng	3	0.3
Chiangdao / Wianghang	9/ 3	0.8/ 0.3
Fang/Chaiprakarn	6/ 4	0.5/ 0.4
Mae-ei	4	0.4
Hod	10	0.9
Doi-tow	3	0.3
Maecham	9	0.8
Kallayaniwattana	2	0.2
Lampang	10	0.9
Lamphun	58	5.3
Chiang Rai	10	0.9
Maehongson	18	1.6
Other province in North zone	15	1.9
Total	1,106	100.0

Table 2. Contraception service cases distribution by provinces

provinces	Number(cases)	Percent
Muang Chiang Mai	375	34.0
Other district in Chiang Mai	620	56.0
Lampang	10	0.9
Lamphun	58	5.2
Chiang Rai	10	0.9
Mae Hong Son	18	1.6
Other provinces	15	1.4
Total	1.106	100.0

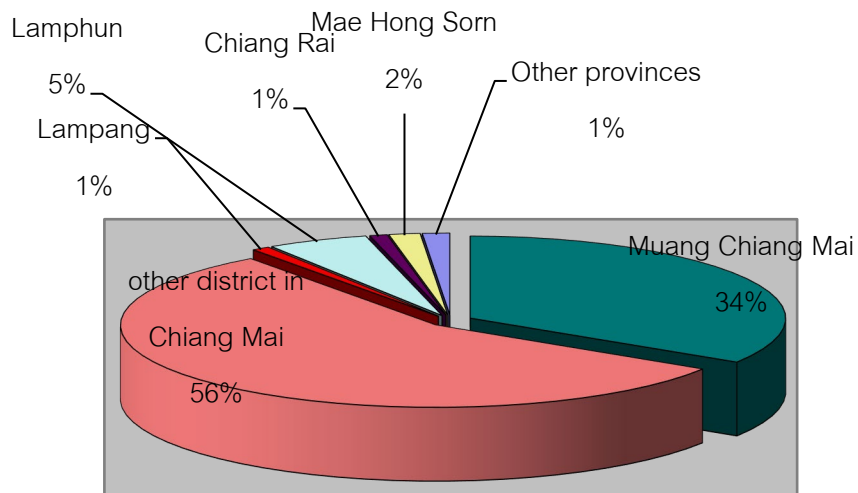
Figure 1.1 Contraception service visit distributed by provinces

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

Characteristics	Number (cases)	Percent
Cases		
New	863	78.0
Ongoing	243	22.0
Total	1,106	100.0
Age groups (years)		
11–15	2	0.1
16–20	135	12.2
21–25	252	22.8
26–30	261	23.6
31–35	256	23.1
36–40	156	14.1
41–45	35	3.2
46–50	7	0.6
>50	1	0.1
Unknown	1	0.1
Total	1,106	100.0
<i>Mean age 28.8 ± 6.7 years; range 14–52 years</i>		
Marital status		
Single/ student/ under graduate	168	15.2
Married	932	84.2
Widow	1	0.1
Divorce/Separated	1	0.1
Unknown	4	0.4
Total	1,106	100.0
Occupations		
Agriculture	9	0.8
Merchant	57	5.1
Employee	473	42.7
Government officer/ employee	109	9.9
Business	28	2.5
Housewife	216	19.5
Student/ Under graduated	214	19.3
Unemployed	0	0.0
Total	1,106	100.0

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

Characteristics	Number(cases)	Percent
Education		
None	60	5.4
Primary 1–6	32	2.9
Mattayom 1–3	55	5.0
High school	316	28.5
Vocational education	36	3.3
High vocational education	60	5.4
Diploma	3	0.3
Bachelor degree	481	43.5
Master degree/ Higher	63	5.7
Total	1,106	100.0
Ethnicity		
Thai	1,060	95.8
Unknown	6	0.5
Others	1	0.1
Muesor(monk/maew)	2	0.2
Lee–sor	–	–
Lue (Lawa/Tinn)	1	0.1
Hor Chinese	3	0.3
Taiyai	6	0.5
Lao	1	0.1
Myanmar	26	2.3
Total	1,106	100.0

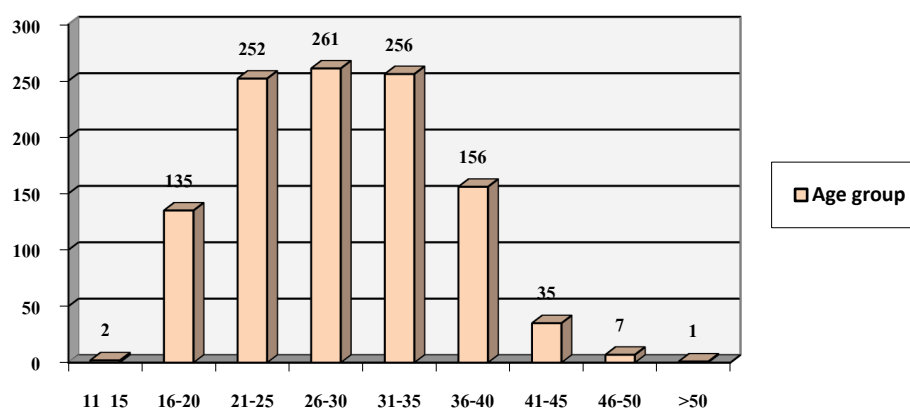
Figure 1.2 Age groups of contraceptive women

Table 4. Gestation of women who got visiting for contraception

No of gestation	Number	Percent
No previous gestation	234	21.2
1	418	37.8
2	294	26.6
3	110	9.9
4	42	3.8
5	5	0.5
6	2	0.2
7	1	0.1
Total	1,106	100.0

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

Full term		Premature		Abortion		Alive	
	Number(%)		Number(%)		Number(%)		Number(%)
0	318 (28.8)	0	1,018 (92.0)	0	870 (78.7)	0	266 (24.1)
1	487 (44.0)	1	81 (7.4)	1	186 (16.8)	1	506 (45.7)
2	253 (22.9)	2	7 (0.6)	2	35 (3.1)	2	280 (25.3)
3	40 (3.6)	3	–	3	9 (0.8)	3	46 (4.2)
4	7 (0.6)			4	5 (0.5)	4	7 (0.6)
5	1 (0.1)				1 (0.1)	5	1 (0.1)
6	–					6	–
7	–					7	–
	1,106 (100.0)		1,106 (100.0)		1,106 (100.0)		1,106 (100.0)

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

Last pregnancy interval	Number	Percent
(N=1,462 visit)		
No previous pregnancy	472	32.3
Post partum < 6 wks	56	3.8
Post-partum 6 weeks	729	49.9
Post-abortion 4–6 weeks	33	2.3
Last pregnancy interval less than 1 year	72	4.9
1 – 2 years	23	1.6
3 – 5 years	38	2.6
6 – 10 years	18	1.2
11 – 15 years	12	0.8
16 – 20 years	4	0.3
> 20 years	5	0.3
Missing	–	–
Total	1,462	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	Percent
(729 cases)		
Lactation Feeding: (n=729 cases)		
Breast feeding only	536	73.5
Breast feeding & water	1	0.1
Breast & Bottle feeding	141	19.4
Bottle feeding only	39	5.3
No/Unknown	12	1.7
Post-partum SI (n= 729) / post abortion SI (n= 33)		
No	710 / 32	97.4 / 97
Yes	19 / 1	2.6 / 3.0
<i>Post partum/ Post abortion SI: Range 1–5 episodes</i>		

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

Reason	Number(visit)	Percent
Post partum 6 weeks follow up	729	49.9
post LTR/STR follow up	–	–
IUD follow up	9	0.6
Implantation follow up	249	17.0
DMPA continue	57	3.9
OCP continue	–	–
Changed new IUD	–	–
Changed new implant	25	1.7
Contraceptive used	191	13.1
Contraception withdraw (off IUD, off Implant)	21	1.4
Changed Contraceptive method	14	1.0
Contraception counseling	5	0.3
Abnormal uterine bleeding	31	2.1
Post abortion follow up	36	2.5
Check up	5	0.3
Complication post contraception	9	0.6
Post partum complication	67	4.6
Others (endometriosis treatment, prevention)	13	0.9
Total	1,462	100.0

Table 9. Last delivery routes of post-partum women

Type of delivery	Number (cases)	Percent
Vaginal delivery	486	66.7
Cesarean section	234	32.0
Cesarean section with hysterectomy	2	0.3
Vaginal delivery with Hysterectomy	–	–
Unknown	7	1.0
Total	729	100.0

Table 10 Contraceptive methods were serviced at Family Planning Clinic

Contraception methods	New cases Number (%)	Ongoing cases Number (%)	Total Number (%)
None	81 (8.7)	28 (5.1)	109 (7.5)
Combined Oral pill	35 (3.8)	14 (2.6)	49 (3.4)
Minipill (Exluton/ Cerazette)	221 (23.9)	10 (1.9)	231 (15.8)
DMPA	207 (22.4)	55 (10.3)	262 (17.9)
Implanon / Jadelle	71/ 183 (7.7/ 19.8)	72/ 189 (13.4/ 35.3)	143 /372 (9.8/ 25.4)
ATR	–	149 (27.8)	149 (10.2)
LTR/ STR	–	1 (0.2)	1 (0.1)/ –
IUD	3 (0.3)	10 (1.9)	13 (0.9)
Condom	117 (12.6)	8 (1.5)	125 (8.5)
Vasectomy	8 (0.9)	–	8 (0.5)
รวม	926 (100.0)	536 (100.0)	1,462 (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	0	0.0
Condom	12	60.0
Coitus interruptus	3	15.0
Oral pill	1	5.0
None	4	20.0
Total	20	100.0

Table 12. Menstruation patterns of contraceptive clients

Menstruation pattern	Number(visit)	percent
Post contraception amenorrhea	113	7.7
Postpartum amenorrhea (6 wks)	791	54.1
Regular menstruation	360	24.6
Irregular / Spot bleeding	130	8.9
Post-abortion amenorrhoea	39	2.7
Excessive / prolong bleeding	11	0.8
Menopausal amenorrhea	1	0.1
Unknown	16	1.1
During pregnancy	1	0.1
Total	1,462	100.0

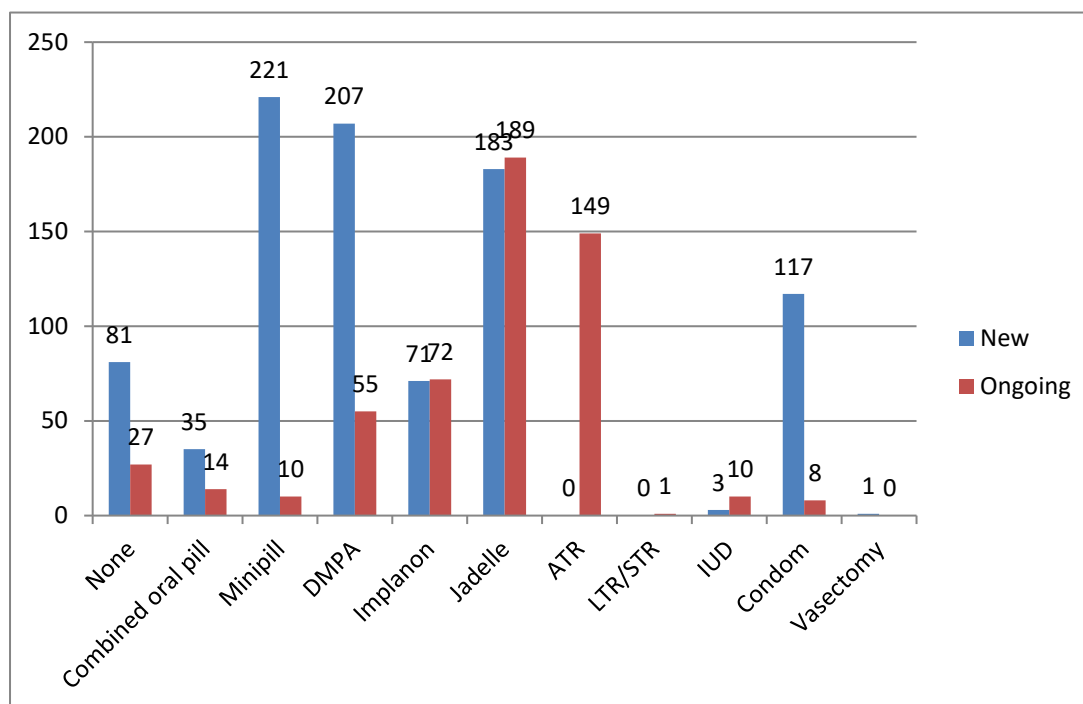
Figure 1.3 Contraception service distributed by contraceptive methods

Table 13. Other treatment services at Family Planning Clinic

Treatments	Number (n=1,462 visits)	Percent
Set LTR/ STR	–	–
New implant contraceptive insertion	224	15.3
New IUD insertion	24	1.6
Counseling/ education	1,428	97.7
IUD removal	6	0.4
Implantation removal	56	3.8
PAP smear and pelvic examination	741	50.7
Pelvic examination	81	5.5
Biopsy	1	0.1
Urine analysis	6	0.4
Urine pregnancy test	69	4.7
Antibiotic /Anti-parasitic treatment	31/–	2.1/–
Admit/ Refer to other OPD	0/9	0/0.6
Biopsy results perceptibility	14	1.0
Blood examination	16	1.1
Wound dressing / inspection	1	0.1
Tetanus toxoid injection	–	–
Post-partum OGTT	284	19.4
Blood test results perceptibility	4	0.3
Anti-fungus drug	0	0
Trichloro-acetic acid/ Agno3 cauterizing	5/–	0.3/–
Ultrasound	40	1.7

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

Underlying problems	Number (visit)	Percent
None	1,119	76.5
Abnormal cervical cell Pap (LSIL/ AS-CUS) colposcopy	–	–
Condyloma	5	0.3
DUB	27	1.8
Infected wound	6	0.4
Urinary tract infection	2	0.1
Vaginitis/cervicitis	1	0.1
Leukorrhoea/ candidiasis	1	0.1
Discomfort post contraception (Acne, Weight gain)	6	0.4
Gestational diabetes mellitus /DM	287	19.6
Metritis	7	0.5
Retained Placenta	1	0.1
Total	1,462	100.0

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

Contraceptive method	Number(cases)	Percent
Post ATR	2	1.4
Condom	4	2.9
Minipill (Cereazette)	4	2.9
DMPA	12	8.6
Implanon	24	17.3
Jadelle	84	60.4
OCP	4	2.9
Total	139	100.0

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

Characteristics	Number(cases)	Percent
Marital status		
Single/ student/ under graduate	84	60.4
Married	54	38.8
Separated	1	0.8
Occupations		
Merchant	4	2.9
Employee	8	5.8
Government officer/ employee	–	–
Business	–	–
Housewife	16	11.5
Student/ Under graduated	111	79.8
Education		
None	4	2.9
Primary 1–6	2	1.4
Mattayom 1–3	15	10.8
High school	113	81.3
Vocational education	2	1.4
High vocational education	–	–
Bachelor degree	3	2.2
Last pregnancy		
No previous conception	116	83.5
Post partum < 6 wks	2	1.4
Post-partum 6 weeks	18	12.9
Last pregnancy interval less than 1 year	2	1.4
3–5 years	1	0.7
Gravida:		
0	107	77.0
1	2	15.1
2	9	6.5
3	0	0.0
4	2	1.4
Total	139	100

PART II

Menopause Clinic

MENOPAUSE CLINIC

: *Annual report 2021*

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 irregular 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)	152 cases
Number of ongoing (follow up) cases	1,929 cases
Total cases of service	2,081 cases
Total frequent of service time	5,151 times

Table 1. Menopausal service of new and ongoing cases (N=2,081)

Cases	Number (case)	percent
New (first visiting in menopause clinic)	152	7.3
Ongoing cases (continued year 2020)	1,929	92.7
Total	2,081	100.0

Table 2. Service times of new and ongoing cases

Cases	Number (visits)	percent
New service times	152	3.0
Ongoing services times	4,999	97.0
Total	5,151	100.0

Table 3. Menopausal women distribution by districts

Districts	New cases	Total
	Number(%)	Number (%)
Chiang Mai	106 (69.7)	
Muang Chiang Mai	35 (23.0)	860 (41.3)
Maerim	4 (2.6)	99(4.8)
Maetang	4 (2.6)	36 (1.7)
Chiangdao	1 (0.7)	28 (1.3)
Fang	2 (1.3)	20 (1.0)
Doisaket	7 (4.6)	71 (3.4)
Chaiprakarn	–	7 (0.3)
Wiangpapao	–	1 (0.0)
Sansai	21 (13.8)	205 (9.9)
Prao	–	9 (0.4)
Hangdong	6 (3.9)	102 (4.9)
Sanpatong	3 (2.0)	50 (2.4)
Chomthong	1 (0.7)	13 (0.6)
Hod	–	7 (0.3)
Doi-towe	1 (0.7)	4 (0.2)
Maecharn	–	6 (0.3)
Sarapee	4 (2.6)	123 (5.9)
Sankampang	13 (8.6)	90 (4.3)
Samoeng	–	2 (0.1)
Aoem-koi	–	1 (0.0)
Mae-aei	–	2 (0.1)
Wianghaeng	1 (0.7)	2 (0.1)
Mae-on	–	2 (0.1)
Doi Lor	–	12 (0.6)
Maewang	3 (2.0)	19 (0.9)

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

Districts	New cases	Total
	Number (%)	Number (%)
Lamphun	11 (7.2)	121 (5.8)
Lampang	1 (0.7)	16 (0.8)
Chiang Rai	1 (0.7)	31 (1.5)
Pha Yao	1 (0.7)	10 (0.5)
Mae Hong Son	1 (0.7)	16 (0.8)
Tak	–	4 (0.2)
Other province	3 (2.0)	32 (1.5)
Unknown	28 (18.4)	80 (3.8)
Total	152 (100.0)	2,081 (100.0)

Figure 2.1 Menopausal women distribution by provinces

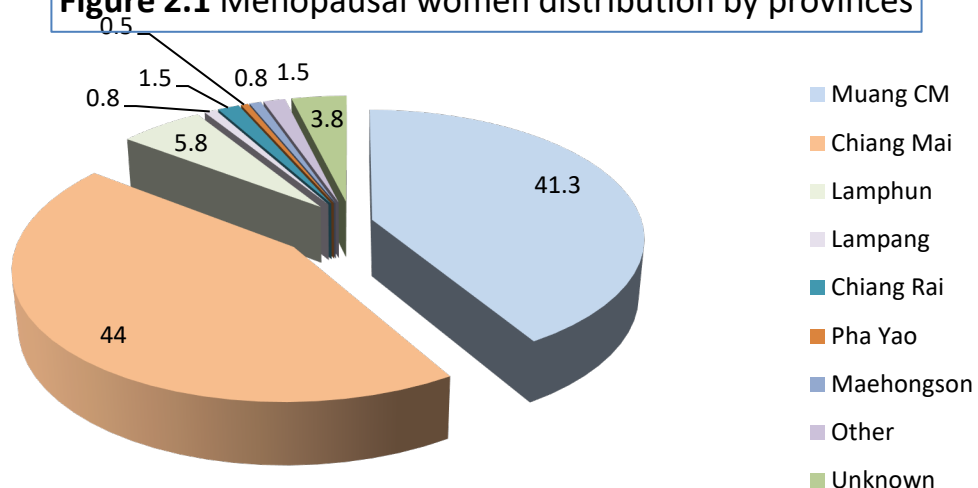


Table 4 Demographic characteristics of menopausal women visit Menopause Clinic

	New cases Number (%)	Total cases Number (%)
Education		
None	18 (11.8)	49 (2.4)
Primary school	19 (12.5)	269 (12.9)
Mattayom	20 (13.2)	201 (9.7)
Vocational education	6 (3.9)	101 (4.9)
High vocational education	3 (2.0)	22 (1.1)
Diploma	3 (2.0)	39 (1.9)
Bachelor degree	46 (30.3)	804 (38.6)
Master degree or higher	24 (15.8)	306 (14.7)
Unknown	13 (8.6)	290 (13.9)
Total	152 (100.0)	2,081 (100.0)
Occupations		
Housewife	25 (16.4)	269 (12.9)
Agriculture	1 (0.7)	36 (1.7)
Merchant	11 (7.2)	132 (6.3)
Government officer/ employee	47 (30.9)	941 (45.2)
Permanent employee	8 (5.3)	85 (4.1)
Business	4 (2.6)	32 (1.5)
Retirement/ Elderly	15 (9.9)	235 (11.3)
Employee	18 (11.8)	155 (7.4)
Unemployed/ Unknown	23 (15.1)	122/ 74 (5.9/ 3.6)
Total	152 (100.0)	2,081 (100.0)
Marital status		
Single	22 (14.5)	294 (14.1)
Married	112 (73.7)	1,589 (76.4)
Widow	4 (2.6)	78 (3.7)
Divorce/ Separated	9 (5.9)	103 (4.9)
Unknown	5 (3.3)	17 (0.8)
Total	152 (100.0)	2,081 (100.0)

Table 5. Menopausal women categorized by menopausal period

Menopausal Status	New case		Total case	
	Number	Percent	number	percent
Pre-menopause	18	11.8	152	7.3
Peri-menopause	29	19.1	474	22.8
Post-menopause	74	48.7	863	41.5
Surgical menopause	22	14.5	531	25.5
Premature menopause	–	–	28	1.3
Others	9	5.9	33	1.6
Total	152	100.0	2,081	100.0

Others : such as: women age > 40 years is regular menstrual cycle and no menopausal symptom

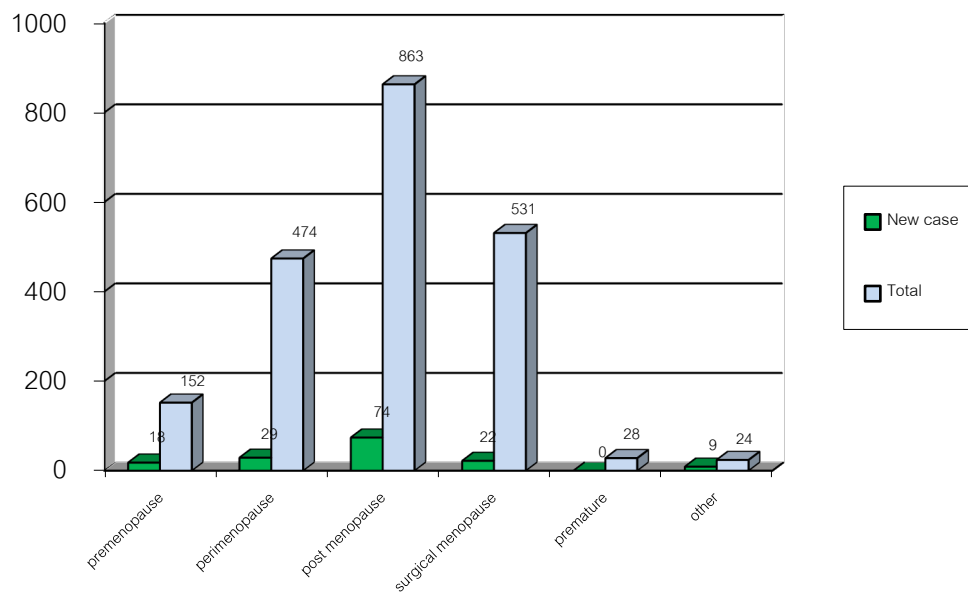
Figure 2.2 Menopausal women distribution by menopausal status

Table 6. Age groups of menopausal women

Age groups (years)	New cases		Total cases		Present age	
	Number	Percent	Number	Percent	Number	percent
<= 35	2	1.3	21	1.0	9	0.4
36–40	0	0	43	2.1	10	0.5
41–45	12	7.9	229	11.0	35	1.7
46–50	38	25	649	31.2	123	5.9
51–55	50	32.9	652	31.3	279	13.4
56–60	21	13.8	280	13.5	385	18.5
61–65	11	7.2	138	6.6	488	23.5
66–70	15	9.9	56	2.7	422	20.3
>70	3	2	13	0.6	330	15.9
Total	152	100.0	2,081	100.0	2,081	100.0

New case: Mean age 53.9 ± 7.7 years, Age Range 34–83 years

Total case: Mean age 51.7 ± 6.8 years, Age Range 18– 98 years

Present age: Mean age 62.1 ± 8.5 years, Age Range 20– 99 years

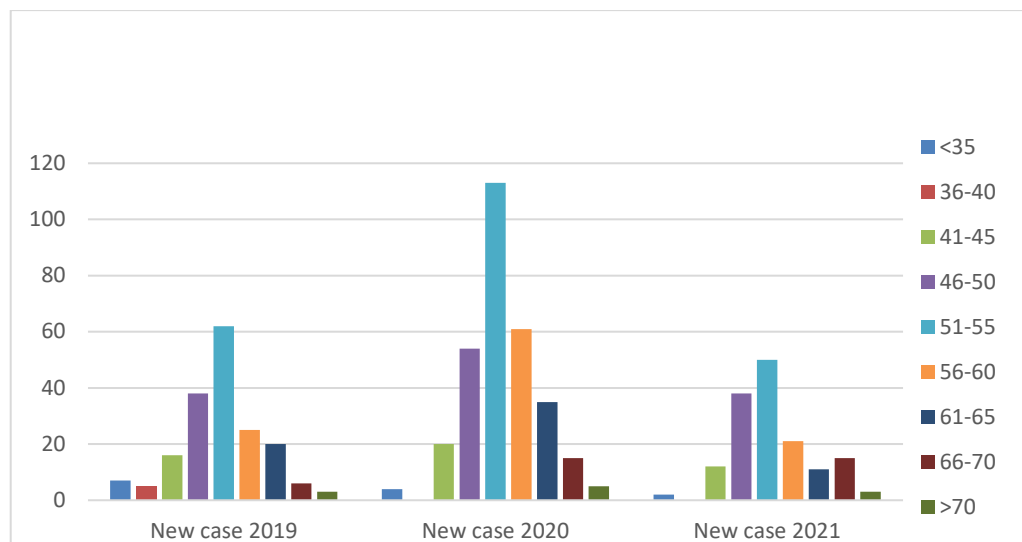
Figure 2.3 Age groups of new menopausal women of year 2019 to 2021

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

Menopausal period	Number (n=182)	Age range (Min–Max)	Mean Age (Mean \pm SD)
Pre-menopause	18	34–54	48.3 \pm 4.4
Peri-menopause	30	43–60	50.6 \pm 3.9
Post-menopause	79	35–83	57.1 \pm 7.9
Surgical menopause	22	41–73	52.6 \pm 7.8
Premature menopause	–	–	–
Normal / Check up	3	41–52	45.7 \pm 5.7

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	365	17.5
2	734	35.3
3	683	32.8
4	236	11.3
5	55	2.6
6	7	0.3
7	1	0.0
Total	2,081	100.0

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

Mean \pm SD = 2.5 \pm 1.0 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=5,151)	Percent	Number(case) (N=2,081)	Percent
Climacteric symptoms	49	1.0	49	2.3
Classic symptoms	155	3.0	141	6.8
Uro-genital symptoms	106	2.1	99	4.8
Musculo-skeletal symptoms	164	3.2	154	7.4
Atrophic symptoms	90	1.7	86	4.1
Psychological symptoms	270	5.2	242	11.6
No symptom/ Improvement	4279/ 0	83.1/ 0	1.898/ 2	81.2/ 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=152)	Percent
Climacteric symptoms	45	29.6
Classic symptoms	53	34.9
Uro-genital symptoms	28	18.4
Musculo-skeletal symptoms	32	21.1
Atrophic symptoms	36	23.7
Psychological symptoms	57	37.5
No symptom	17	11.2
Others	3	2.1

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

Others : –

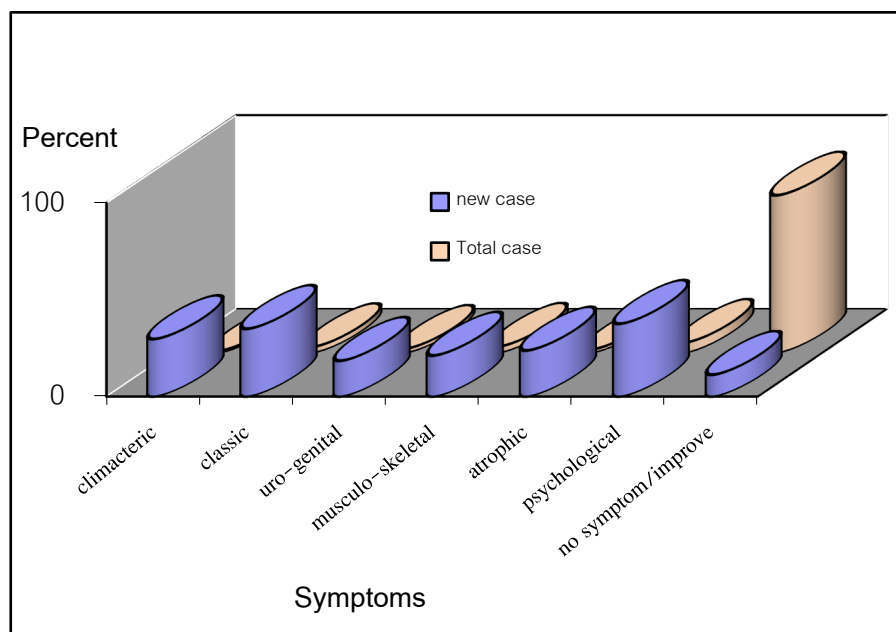
Figure 2.4 Menopausal symptoms of new cases and total cases

Table 11. Service and treatment of new menopausal women

Service/Treatment	Number(N=152)	Percent
Health education/Advice	95	62.5
Advice & Health check-up(Lab & mammogram)	4	2.6
HRT discontinued	–	–
FSH/E2	4	2.6
Lab Results /No HRT/ Physician consultation	0	0
Endometrial Curettage	0	0
Repeat Lab examination only	32	21.0
Refer to other clinics consultation	6	3.9
Symptomatic treatment	12	7.9
PAP smear /Pelvic examination	26	17.1
Refer to nearby hospital	0	0.0
Pelvic ultrasound	1	0.7
Routine Check-up	18	11.8
BMD assessment	7	4.6
Mammogram appointment	14	9.2
Calcium/ vit D/K supplement	47	30.9
Medication:		
Start HRT	50	32.9
Hormone treatment continuation/ Reuse	18/ –	11.8/ –
SERMs	0	0
Livial	4	2.6
Low dose hormone	–	–
Bisphosphonate drugs (Actonel/ Fosamax/ Bonviva)	–	–
Ostex	–	–
Dyslipidemia drug treatment	1	0.7
Prestiq/ Remifemin	1	0.7
Regelle/ Igeena/ Gynoflor	1/ –/ 5	0.7/ 0/ 3.9

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=5,151)	Percent
Health education	103	2.0
Advice / health check up	53	1.0
Hormone discontinuation	19	0.4
FSH/ E2	6	0.1
Hormone regimen change	3	0.06
Hearing Lab / physician consultation	306	5.9
Endometrial curettage/ Endocell sampling	6	0.1
Repeat lab examination only	550	10.7
Refer to other clinic consultation	90	1.7
Symptomatic treatment	97	1.9
PAP smear / Pelvic examination	248/ 12	4.8 / 0.2
Refer to nearby hospital	2	0.04
Repeat ultrasound	5	0.09
BMD assessment	176	3.4
Mammogram appointment	129	2.5
Routine annual check up	143	2.8
Others	2	0.04
Medication:		
Start hormone replacement / Reuse	52/ 2	1.0/ 0.04
Hormone continuation	910	17.7
SERMs	182	3.5
Livial	119	2.3
Low dose hormone	11	0.2
Oral Bisphosphonate drugs (Actonel/ Fosamax/	122	2.4
Protaxos	0	0.0
Aclasta	16	0.3
Dyslipidemia drugs	1,806	35.1
Premarin cream	0	0.0
Pristiq/ Remifemin	12	0.2
Deosumab (Polia) /Ostex bisphosphonate inj (3 mo)	9/ 177	0.2/ 3.4
Regelle / Gynoflor	1 / 149	0.02 / 2.9
Calcium / vit D, K supplement	4,136	80.3

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)	Percent
	Hormonal AE*/ total AE	Hormone case (506)*/ total cases (2,081)
Abnormal Vg bleeding	0 / 2	0 / 0.1
Breast engorgement/ pain	2 / 4	0.4 / 0.2
Weight gain	–	–
Endometrium hyperplasia	–	–
Breast cyst/mass (Benign: BIRADS I– II)	8/ 37	1.6 / 1.8
Breast cancer or R/O (BIRADS III– V)	–	–
Leukorrhea (Bacterial vaginitis, Candidiasis, vulvitis)	–	–
Pelvic pain	1 / 2	0.2 / 0.1
Acne/ Melasma	2/ 2	0.4 / 0.1
Myoma uteri	1 / 1	0.2 / 0.1
Ovarian cyst	–	–
Headache/ vertigo	1 / 7	0.2 / 0.3
Bowel discomfort	0 / 7	0 / 0.3
Hormone patch discomfort (rash/irritation)	–	–
Rash or itching skin irritation	1 / 3	0.2 / 0.1
Musculo–skeletal ache	0 / 24	0 / 1.2
Chest discomfort	1 / 2	0 / 0.1
Other	0 / 1	0 / 0.05
Total adverse event	17 / 92	3.2 / 4.4

Others : None

Total hormonal cases*/ Total cases **506 / 2,081 case (24.3%)**

Total dispensed hormone visits*/ Total visits **1,044 / 5,151 visit (20.3%)**

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

Adverse events	Number	Percent
	(Total AE= 82)	
Menopausal symptoms post hormone withdraw	25	30.5
Hormonal AE	2	2.4
Bisphosphonate AE	0	0.0
Calcium AE	2	2.4
Gynecological disorder	4	4.9
Medical problem	7	8.5
Musculo-skeletal problem	0	30.4
Eye problem	5	6.1
Others menopausal symptoms	2	2.4
Stress/ tension headache	8	9.8
Others disorder	27	32.9

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	3 / 5
Abnormal breast mass/ BCA hx	–
Fear of hormonal adverse events	1
Physician advice > try off /Prolong use	–
Patient try off by herself	2
Patient request to withdraw hormone	1
Increase of liver enzymes	–
Underlying disease	1
Hormonal adverse events	4
Breast cyst/ Breast mass	2
R/O Abnormal breast mass	–
Total case of hormone discontinuation	19 / 506 (3.8%)

Table 16. Underlying diseases of menopausal women

Underlying diseases	New case	Total case
	Number (%)	Number (%)
None	97 (63.8)	679 (32.6)
SLE	1 (0.7)	4 (0.2)
Thyrotoxicosis/ thyroid disease	2 (1.3)	19 (0.9)
Diabetes Mellitus	4 (2.6)	13 (0.6)
Hypertension	17 (11.2)	102 (4.9)
CA Breast post mastectomy	1 (0.7)	20 (1.0)
Premature ovarian failure	–	–
Dyslipidemia	10 (6.6)	295 (14.2)
Nephrotic syndrome	–	1 (0.0)
Osteopenia	1 (0.7)	90 (4.3)
Osteoporosis	1 (0.7)	78 (3.7)
Osteopenia and dyslipidemia	1 (0.7)	148 (7.1)
Osteoporosis and dyslipidemia	–	101 (4.9)
Osteoporosis & Hypertension & dyslipidemia	2 (1.3)	72 (3.5)
Cervical cancer post surgery	–	3 (0.1)
Dyslipidemia & Hypertension	6 (3.9)	194 (9.3)
Diabetes Mellitus & Hypertension	1 (0.7)	10 (0.5)
Osteopenia & Dyslipidemia & Hypertension	–	99 (4.8)
Osteopenia & Hypertension	–	23 (1.1)
Osteoporosis & Hypertension	–	21 (1.0)
Diabetes Mellitus & Dyslipiddemia & Hypertension	4 (2.6)	62 (3.0)
Diabetes Mellitus & Dyslipiddemia	–	11 (0.5)
Osteopenia & DM & DLP & Hypertension	–	2 (0.1)
Osteoporosis & DM & DLP & Hypertension	–	2 (0.1)
Others	4 (2.6)	32 (1.5)
Total	152 (100.0)	2,081 (100.0)

Others :

No of new cases: year 2020/ 2021	182 / 152 cases
No of total cases: year 2020/ 2021	2,203 / 2,081 cases
No of service times: year 2020/ 2021	5,813 / 5,151 visits

