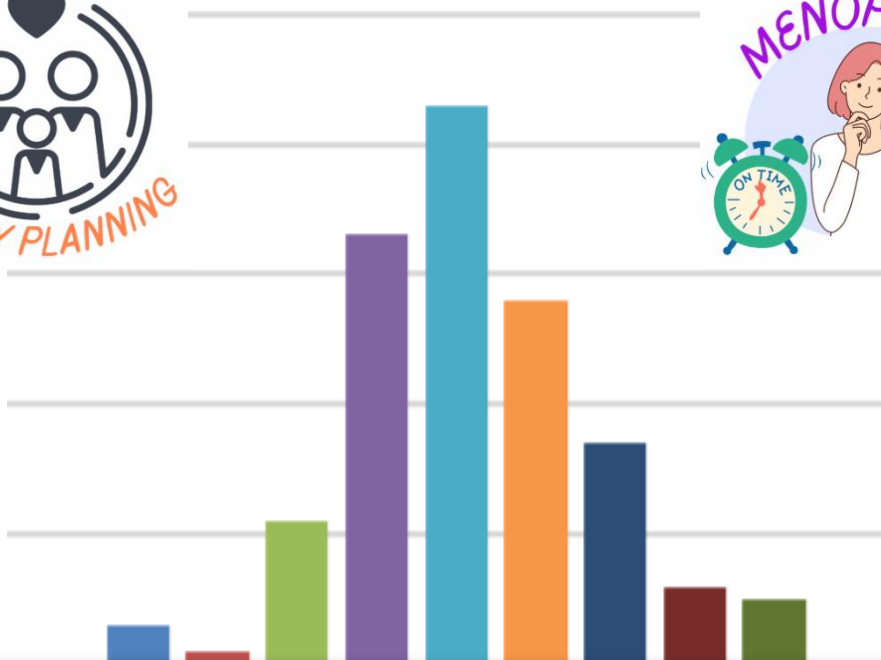
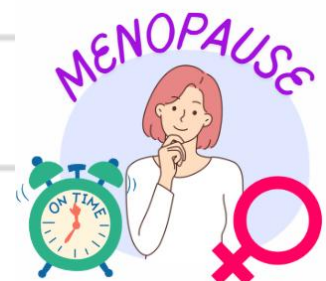


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Annual Report 2025

Family Planning Clinic

Menopause Clinic



Family Planning and Menopause Unit

Obstetrics & Gynecology Department

Faculty of Medicine, Chiang Mai University

Annual Report 2025

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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 and 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
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PART I

Family Planning Clinic

FAMILY PLANNING CLINIC

: *Annual Report 2025*

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.

Number of new cases (first visit)	811 cases
Number of ongoing (follow up) cases	299 cases
Total cases of service	1,110 cases
Total frequent of service time	1,386 times

Table1. Contraception service cases distribution by districts

Districts	Number(cases)	Percent
Muang Chiang Mai	401	36.1
Maerim	34	3.1
Doisaked	55	5.0
Sanpatong	35	3.2
Hangdong	89	8.0
Chomtong	19	1.7
Mae-ei	4	0.4
Prao	8	0.7
Hod	15	1.4
Sarapee	80	7.2
Maetang	15	1.4
Om-koi	5	0.5
Sankampang	58	5.2
Sa-moeng	6	0.5
Chiangdao	14	1.3
Fang	10	0.9
Doi-tow	5	0.5
Sansai	71	6.4
Maecham	9	0.8
Chaiprakarn	6	0.5
Wiang Haeng	5	0.5
Maewang	8	0.7
Galyani Vadhana	1	0.1
Mae-on	15	1.4
Doilor	13	1.2
Other province	127	11
Total	1,110	100.0

Table 2. Contraception service cases distribution by provinces

provinces	Number(cases)	Percent
Chiang Mai	983	89
Other district in Chiang Mai		
Lampang	12	1.1
Lamphun	83	7.5
Chiang Rai	11	1.0
Mae Hong Son	11	1.0
Sukhothai	1	0.1
Phae	3	0.3
Nan	1	0.1
Phayao	5	0.5
Phitsanulok	0	0
Other provinces	0	0
Total	1,110	100.0

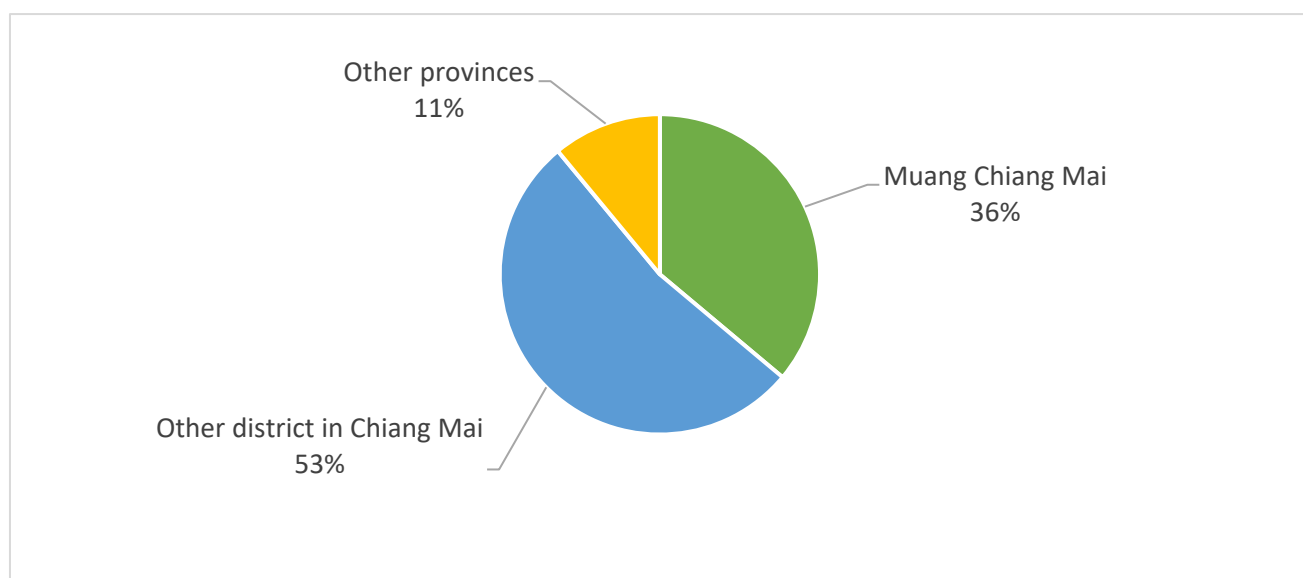
Figure 1.1 Contraception service visit distributed by provinces

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

Characteristics	Number (1,110 cases)	Percent
Cases		
New	811	73.1
Ongoing	299	26.9
Total	1,110	100.0
11–15	5	0.5
16–20	137	12.3
21–25	195	17.6
26–30	263	23.7
31–35	297	26.8
36–40	166	15.0
41–45	39	3.5
46–50	8	0.7
>50	0	0
<i>Mean age 29.3 ± 6.8 years; range 14–49 years</i>		
Marital status		
Single/ student/ under graduate	230	20.7
Married	867	78.1
Widow/	2	0.2
Divorce/Separated	5	0.5
Occupations		
Agricultural	3	0.3
Merchant	48	4.3
Employee	517	46.6
Government officer/ employee	142	12.8
Business	35	3.2
Housewife	137	12.3
Student/ Under graduated	226	20.4
unemployed	2	0.2

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

Characteristics	Number (1,139 cases)	Percent
Education		
None	54	4.9
Primary 1–6	26	2.3
Mattayom 1–3	35	3.2
High school	239	21.5
Vocational education	35	3.2
High vocational education	45	4.1
Diploma	2	0.2
Bachelor degree	624	56.2
Master degree/ Higher	50	4.5
Ethnicity		
Thai	1051	94.7
Taiyai	5	0.5
Myanmar	47	4.2
Akha	2	0.2
Others	5	0.5
Unknown	0	0

Figure 1.2 Age groups of contraceptive women

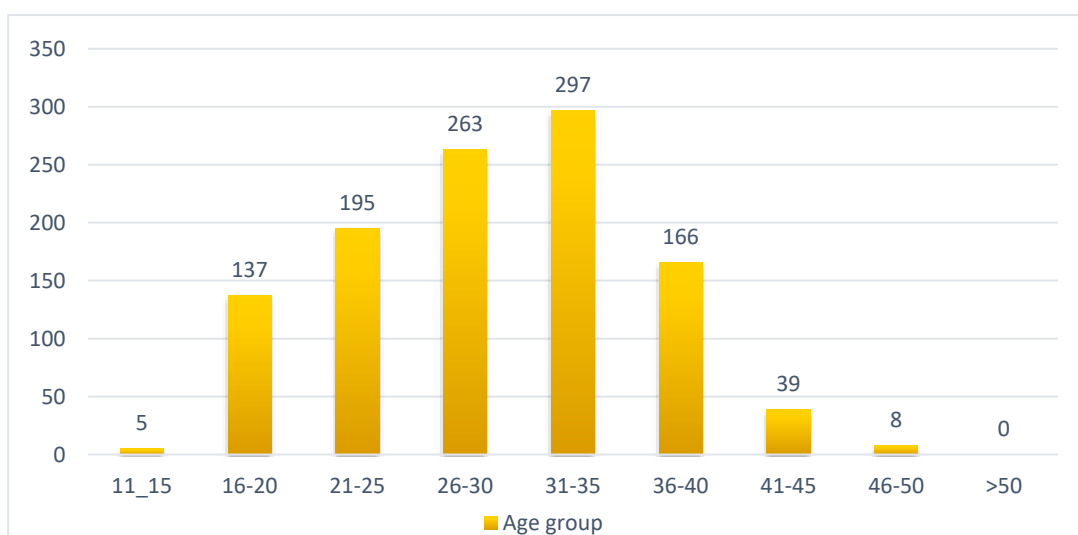


Table 4. Gestation of women who got visiting for contraception

No of gestation	Number	Percent
No previous gestation		
1	908	81.7
2	152	13.7
3	36	3.2
4	10	1.0
5	3	0.3
6	0	0
7	1	0.1
Total	1,110	100

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

G	Full term		Premature		Abortion		Alive	
	Number	(%)	Number	(%)	Number	(%)	Number	(%)
0	365	32.9	975	87.8	890	80.2	291	26.2
1	508	45.8	128	11.6	178	16.0	521	46.9
2	203	18.3	7	0.6	35	3.1	256	23.1
3	28	2.5	–	–	4	0.4	34	3.1
4	6	0.5	–	–	0	0	8	0.7
5	–		–	–	2	0.2	–	–
6	–		–	–	1	0.1	–	–
Total	1,110	100	1,110	100	1,110	100	1,110	100

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

Last pregnancy interval	Number (N=1,386 visit)	Percent
No previous pregnancy	530	38.2
Post partum < 6 wks	81	5.9
Post-partum 6 weeks	711	51.2
Post-abortion 4–6 weeks	20	1.4
Last pregnancy interval less than 1 year	44	3.2
1 – 2 years	28	2.0
3 – 5 years	47	3.4
6 – 10 years	23	1.7
11 – 15 years	11	0.8
16 – 20 years	5	0.4
> 20 years	7	0.5
Total	1,386	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
Lactation Feeding: (n=711 cases)	448	63.0
Breast feeding only		
Breast feeding & water	2	0.3
Breast & Bottle feeding	232	32.6
Bottle feeding only	29	4.1
Post-partum SI (n= 711)		
No	677	95.2
Yes	34	4.8
<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	711	51.3
post LTR/STR follow up	0	0
IUD follow up	32	2.3
Implantation follow up	190	13.7
DMPA continue	20	1.4
Changed new IUD	2	0.1
Contraceptive used	107	7.7
Contraception withdraw (off IUD, off Implant)	42	3.0
Changed Contraceptive method	9	0.6
Contraception counseling	4	0.3
Abnormal uterine bleeding	88	6.3
Post abortion follow up	20	1.3
Check up	0	0
Changed new implant	35	2.5
Complication post contraception	11	0.8
Post partum complication	74	5.3
Others (endometriosis treatment, prevention)	39	2.8
Total	1,386	100.0

Table 9. Last delivery routes of post-partum women

Type of delivery	Number (cases)	Percent
Vaginal delivery	458	64.4
Cesarean section	250	35.2
Cesarean section with hysterectomy	3	0.4
Vaginal delivery with Hysterectomy	0	0
Total	711	100.0

Table 10 Contraceptive methods were serviced at Family Planning Clinic

Contraception methods	New cases Number (%)	Ongoing cases Number (%)	Total Number (%)
None	84(10.4)	92(16.0)	166(12.0)
Combined Oral pill	11(1.4)	1(0.2)	12(0.9)
Minipill (Exluton/ Cerazette)	195(24.0)	23(4.0)	218(15.7)
DMPA	152(18.7)	27(4.2)	179(12.9)
Implanon	73(9.0)	94(16.3)	167(12.0)
Jadelle	94(11.6)	160(28.2)	254(18.3)
ATR	0	120(20.1)	120(8.7)
LTR/ STR	0	0	0
IUD	17(2.1)	39(6.0)	56(4.0)
Condom	182(22.4)	27(4.7)	209(15.1)
Vasectomy	3(0.4)	2(0.3)	5(0.4)
Total	811 (100.0)	575 (100.0)	1,386(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	4	11.8
Condom	10	29.4
Jadelle	0	0
Oral pill	0	0
DMPA	0	0
None	20	58.8
Total	34	100.0

Table 12. Menstruation patterns of contraceptive clients

Menstruation pattern	Number(visit)	percent
Post contraception amenorrhea	95	6.9
Postpartum amenorrhea (6 wks)	788	56.9
Regular menstruation	272	19.6
Irregular / Spot bleeding	176	12.7
Post-abortion amenorrhoea	24	1.7
during pregnancy	0	0
Excessive / prolong bleeding	25	1.8
Menopausal amenorrhea	1	0.1
Unknown During pregnancy	5	0.4
Total	1,386	100.0

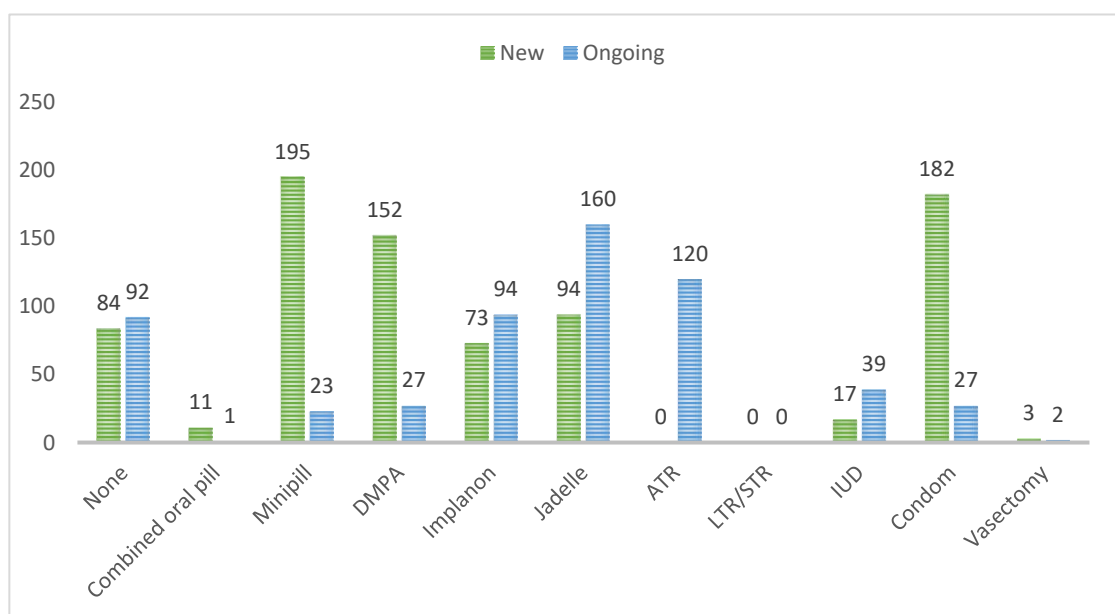
Figure 1.3 Contraception service distributed by contraceptive methods

Table 13. Other treatment services at Family Planning Clinic

Treatments	Number (n=1,386 visits)	Percent
New implant contraceptive insertion	149	10.8
New IUD insertion	17	1.2
Counseling/ education	1,285	92.6
IUD removal	4	0.3
Implantation removal	100	7.2
PAP smear and pelvic examination	645	46.5
Pelvic examination	186	13.4
Biopsy	0	0
Urine analysis	3	0.2
Urine pregnancy test	128	9.2
Antibiotic /Anti-parasitic treatment	19	1.4
Admit	1	0.1
Refer to other OPD	9	0.6
Biopsy results perceptibility	135	9.7
Blood examination	41	3.0
Wound dressing / inspection	9	0.7
Tetanus toxoid injection	0	0
Post-partum OGTT	161	11.6
Blood test results perceptibility	9	0.6
Anti-fungus drug	0	0
Trichloro-acetic acid/ Agno3 cauterizing	7	0.5
Ultrasound	63	4.5
F/C	1	0.1
Set LTR/ STR	0	0

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

Underlying problems	Number (visit)	Percent
None	1093	78.9
Vaginitis/cervicitis	1	0.1
Condyloma	4	0.3
AUB /DUB	82	5.9
infected wound	3	0.2
discomforted post contraception	13	0.9
Myoma	3	0.2
Retained placenta	1	0.1
leukorrhoea/candidiasis	1	0.1
others	1	0.1
Gestational DM	165	11.9
metritis	4	0.3
Total	1,386	100.0

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

Contraceptive method	Number(cases)	Percent
OCP	13	9.2
Minipill (Cereazette)	7	4.9
DMPA	6	4.2
Implanon	40	28.2
Jadelle	68	47.9
Post ATR	1	0.7
IUD	3	2.1
Condom	4	2.8
Total	142	100.0

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

Characteristics	Number(cases)	Percent
Marital status		
Single/ student/ under graduate	107	75.3
Married	34	23.9
Separated	1	0.7
Occupations		
Agricultural	0	0
Merchant	0	0
Employee	11	7.7
Government officer/ employee	0	0
Business	1	0.7
Housewife	9	6.4
Student/ Under graduated	119	83.8
unemployed	2	1.4
Education		
None	5	3.5
Primary 1–6	3	2.1
Mattayom 1–3	8	5.6
High school	101	71.1
Vocational education	2	1.4
High vocational education	1	0.7
Bachelor degree	22	15.5
Last pregnancy		
No previous conception	117	82.4
Post partum < 6 wks	2	1.4
Post–partum 6 weeks	20	14.1
Last pregnancy interval less than 1 year	0	0
Post–abortion 4–6 weeks	3	2.1
Gravida:		
0	115	81.0
1	22	15.5
2	4	2.8
3	1	0.7
4	0	0
Total	142	100.0

PART II

Menopause Clinic

MENOPAUSE CLINIC

: *Annual report 2025*

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 Erythematosus (SLE), Parathyroid disease, Thyrotoxicosis or others.

Menopausal service during the year 2025:

Number of new cases (first visit)	229 cases
Number of ongoing (follow up) cases	1,955 cases
Total cases of service	2,184 cases
Total frequent of service time	4,349 times

Table 1. Menopausal service of new and ongoing cases (N= 2,184)

Cases	Number (case)	percent
New (first visiting in menopause clinic)	229	11.0
Ongoing cases (continued year 2024)	1,955	89.0
Total	2,184	100

Table 2. Service times of new and ongoing cases

Cases	Number (visits)	percent
New service times	229	5.3
Ongoing services times	4,120	94.7
Total	4,349	100.0

Table 3 Demographic characteristics of menopausal women visit Menopause Clinic

Characteristics	New cases 229(%)	Total cases 1,955(%)
Education		
None	0	84(4.3%)
Primary school	13(5.7%)	217(11.1%)
Mattayom	58(25.3%)	192(9.8%)
Vocational education	6(2.6%)	86(4.4%)
High vocational education	5(2.2%)	21(1.1%)
Diploma	0	31(1.6%)
Bachelor degree	88(38.4%)	799(40.9%)
Master degree or higher	52(22.7%)	336(17.2%)
Unknown	4(1.7%)	189(9.7%)
Occupations		
Housewife	27(11.8%)	233(11.4%)
Agriculture	1(0.4%)	32(1.6%)
Merchant	13(5.7%)	112(5.7%)
Government officer/ employee	92(40.2%)	896(45.8%)
Permanent employee	16(7.0%)	99(5.1%)
Business	10(4.4%)	54(2.8%)
Retirement/ Elderly	10(4.4%)	209(10.7%)
Employee	31(13.5%)	159(8.1%)
Unemployed/ Unknown	29(12.6%)	171(8.8%)
Marital status		
Single	48(21.0%)	333(17.0%)
Married	163(71.2%)	1,444(73.9%)
Widow	7(3.1%)	72(3.7%)
Divorce/ Separated	11(4.8%)	106(5.4%)
Unknown	0	0

Table 4. Menopausal women categorized by menopausal period

Menopausal Status	New case		Total case	
	Number	Percent	number	percent
Pre-menopause	3	1.3	125	6.4
Peri-menopause	47	20.5	454	23.2
Post-menopause	148	64.6	869	44.5
Surgical menopause	23	10.0	452	23.1
Premature menopause	2	0.9	24	1.2
Others	6	2.6	31	1.6
Total	229	100.0	1,955	100.0

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

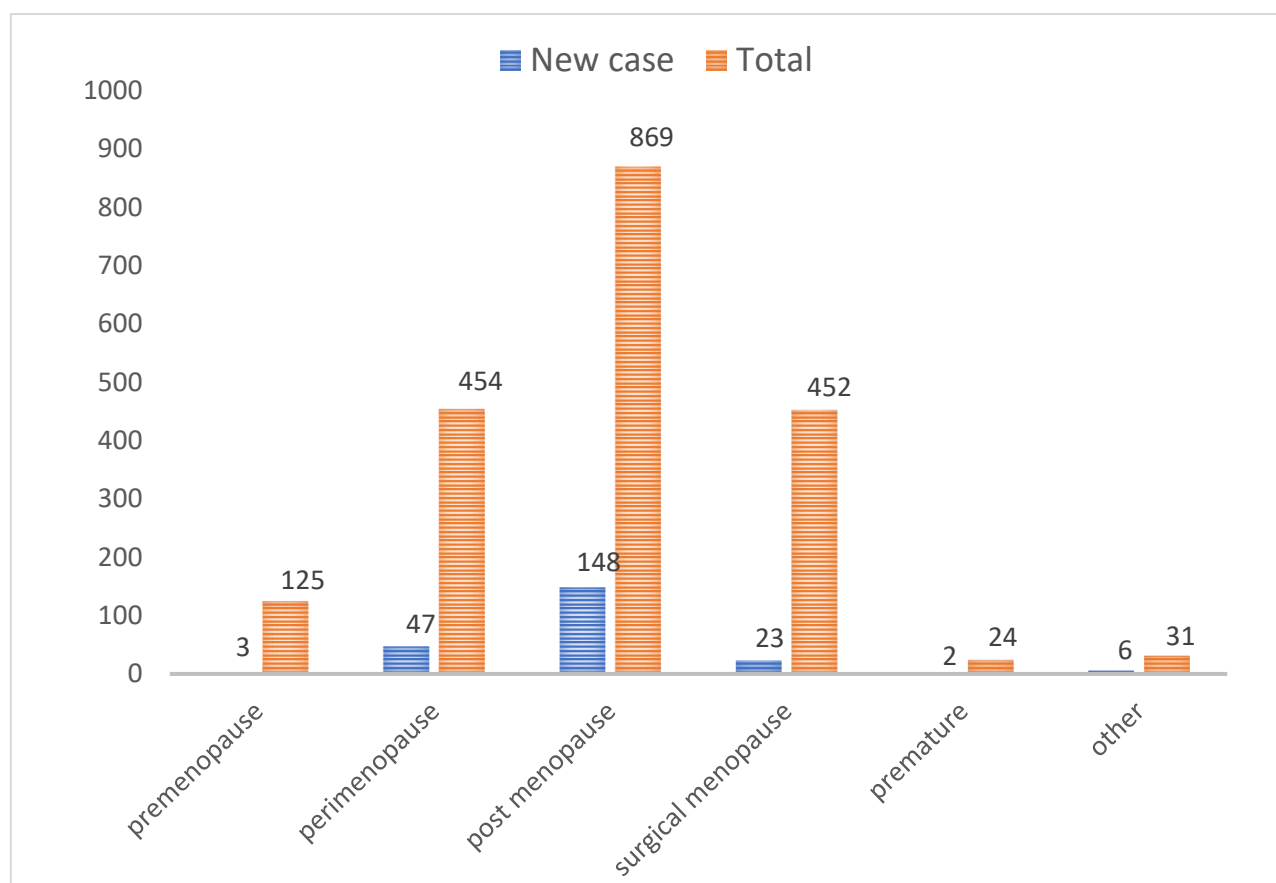
Figure 2.1 Menopausal women distributed by menopausal status

Table 5. Age groups of menopausal women

Age groups (years)	New cases		Total cases	
	Number	Percent	Number	Percent
<= 35	1	0.4	6	0.3
36–40	2	0.9	9	0.5
41–45	12	5.2	43	2.2
46–50	69	30.1	167	8.5
51–55	82	35.8	272	13.9
56–60	25	10.9	293	15.0
61–65	20	8.7	341	17.4
66–70	11	4.8	405	20.7
>70	7	3.1	419	21.4
Total	229	100.0	1,955	100.0

New case: Mean age 53.6 ± 7.5 years, Age Range 34–79 years

Total case: Mean age 62.6 ± 9.3 years, Age Range 17– 93 years

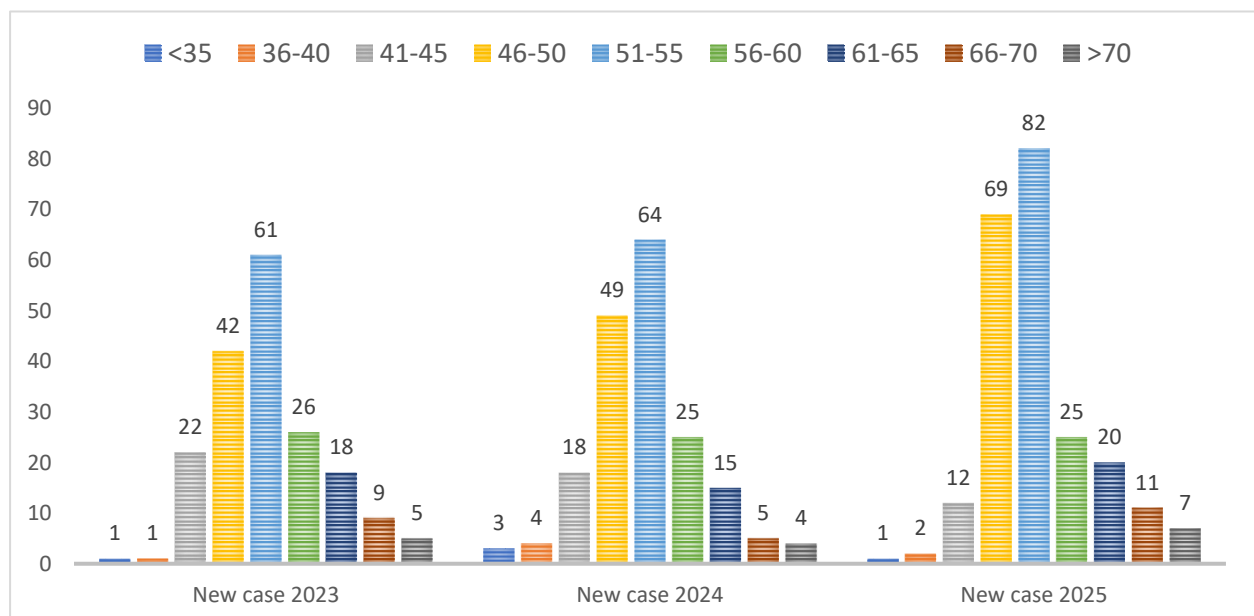
Figure 2.2 Age group of new menopausal women of year 2023 to 2025

Table 6. Age of new menopausal women categorized by menopausal period

Menopausal period	Number (n=229)	Age range (Min–Max)	Mean Age (Mean $\pm$ SD)
Pre–menopause	3	46–53	49.3 $\pm$ 4.2
Peri–menopause	47	41–56	50.2 $\pm$ 3.8
Post–menopause	148	41–79	55.1 $\pm$ 7.1
Surgical menopause	23	34–76	51.8 $\pm$ 11.1
Premature menopause	2	35–39	37.2 $\pm$ 2.7
Normal / Check up	6	41–69	52.6 $\pm$ 8.1

Note : Age was present at first visit

Table 7. Frequency of clinical service for each women per year

Frequency visit/ year	Number cases	Percent
1	376	19.2
2	905	46.3
3	559	28.6
4	99	5.1
5	14	0.7
6	2	0.1
Total	1,955	100.0

Range (min – max) = 1–6 visits/year/case
Mean $\pm$ SD = 2.2 $\pm$ 0.88 visits/ year/ case

Table 8. Underlying diseases of menopausal women

Underlying diseases	New case Number (%)	Total case Number (%)
None	105(45.9%)	741(37.9%)
SLE	0	8(0.4%)
Thyrotoxicosis/ thyroid disease	0	17(0.9%)
Diabetes Mellitus	4(1.7%)	10(0.5%)
Hypertension	10(4.4%)	87(4.6%)
CA Breast post mastectomy	0	18(0.9%)
Dyslipidemia	16(7.0%)	255(13.0%)
Nephrotic syndrome	0	0
Osteopenia	3(1.3%)	75(3.8%)
Osteoporosis	2(0.9%)	61(3.1%)
Osteopenia and dyslipidemia	0	134(6.3%)
Osteoporosis and dyslipidemia	0	66(3.4%)
Osteoporosis & Hypertension & dyslipidemia	0	52(2.7%)
Cervical cancer post surgery	1(0.4%)	6(0.3%)
Dyslipidemia & Hypertension	9(4.8%)	173(8.8%)
Diabetes Mellitus & Hypertension	2(0.9%)	9(0.5%)
Osteopenia & Dyslipidemia & Hypertension	3(1.3%)	67(3.4%)
Osteopenia & Hypertension	0	15(0.8%)
Osteoporosis & Hypertension	0	14(0.7%)
Diabetes Mellitus & Dyslipiddemia & Hypertension	3(1.3%)	47(2.4%)
Diabetes Mellitus & Dyslipiddemia	3(1.3%)	9(0.5%)
Osteopenia & DM & DLP & Hypertension	0	1(0.1%)
Osteoporosis & DM & DLP & Hypertension	0	2(0.1%)
Others	57(24.9%)	98(5.0%)
Total	229 (100.0%)	1,955 (100.0%)

Definition of menopausal symptoms:

Symptoms	Definition
Classic symptoms	Hot flush, hot flash, sweating, sleeping difficulty, sleep disturbance.
Uro-genital symptoms	Frequent urination, urge urination, coughing or sneezing urinary incontinence, urinary burning, vaginal dryness or burning, dyspareunia, decreasing or loss of libido.
Musculo-skeletal symptoms	Musculo-skeletal ache, myalgia, waist/back/leg myalgia.
Atrophic symptoms	Dry skin, dry hair, dry eye, irritation/ itching skin.
Psychological symptoms	Tiredness, lack of energy, mood change, sensitive, depression, fear of public, anxiety.
Climacteric symptoms	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=4,349)	Percent	Number(case) (N=1,955)	Percent
Climacteric symptoms	195	4.5	190	9.7
Classic symptoms	538	12.4	141	7.2
Uro-genital symptoms	71	1.6	28	1.4
Musculo-skeletal symptoms	787	18.1	294	15
Atrophic symptoms	226	5.2	84	4.3
Psychological symptoms	19	0.4	1	0.1
No symptom/ Improvement	2609/1	60.0/0.1	1,236/0	63.2/0

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

Table 10. Menopausal symptoms categorized by complaints in new cases

Symptoms	Number (N=229)	Percent
Climacteric symptoms	196	85.5
Classic symptoms	16	7.0
Uro-genital symptoms	4	1.7
Musculo-skeletal symptoms	4	1.7
Atrophic symptoms	8	3.5
Psychological symptoms	1	0.4
No symptom	0	0
Others	0	0

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

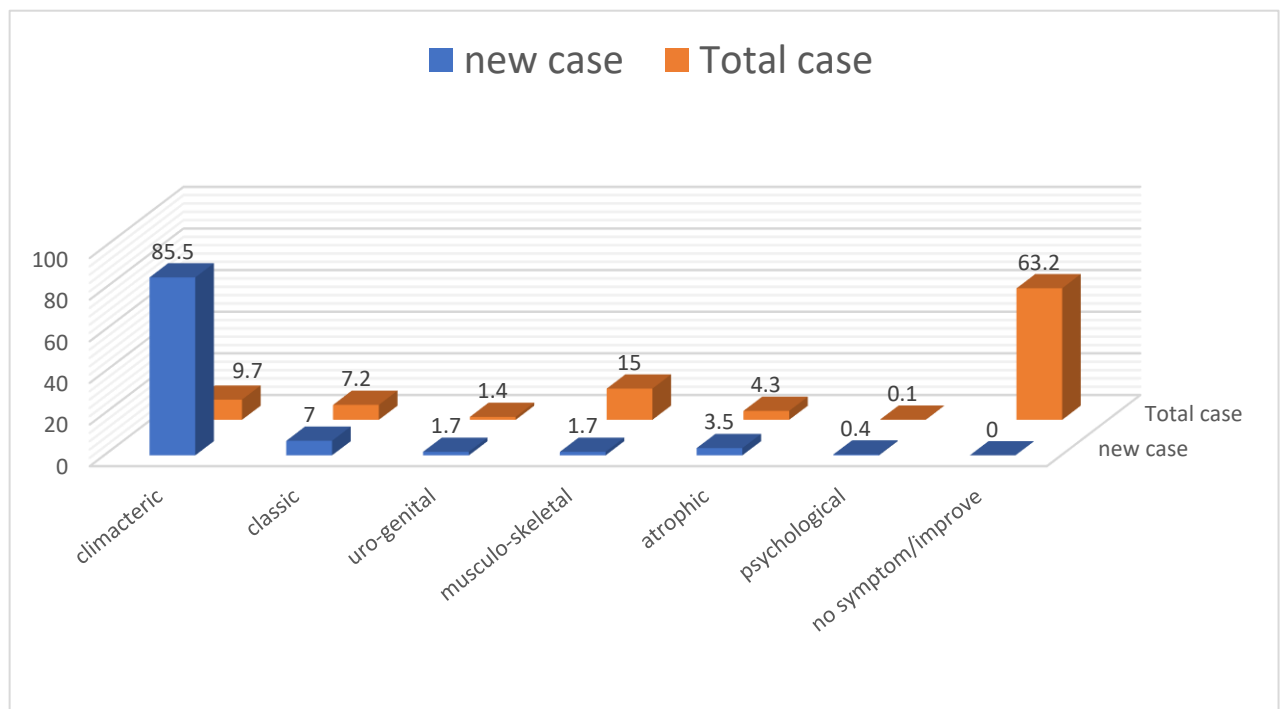
Figure 2.3 Menopausal symptoms of new cases and total cases

Table 11. Service and treatment of new menopausal women

Service/Treatment	Number (N=229)	Percent
Health education/Advice	144	62.9
Advice & Health check-up(Lab & mammogram)	44	19.2
HRT discontinued	0	0
Lab Results /Physician consultation	9	3.9
Endometrial Curettage	3	1.3
Repeat Lab examination only	6	2.6
Refer to other clinics consultation	5	2.2
Symptomatic treatment	85	37.1
PAP smear /Pelvic examination	37/9	16.2/3.9
Refer to nearby hospital	0	0
Pelvic ultrasound	3	1.3
BMD assessment	7	3.1
Mammogram appointment	60	26.2
Medication:		
Start HRT	89	38.9
Hormone treatment continuation/ Reuse	13	5.7
Calcium/ vit D/K supplement	99	43.2
Livial	5	2.2
Bisphosphonate drugs (Actonel/ Fosamax/ Bonviva)	1	1.3
Ostex	0	0
Denosumab(Prolia)	0	0
Dyslipidemia drug treatment	0	0
Prestiq/ Remifemin	2	0.9
Regelle/ Igeena	1	0.4
Aclasta	0	0
Gynoflor	22	9.6

Note: New menopausal women 229 cases, each women may have more than one service or treatment such as advice/counseling, mammogram appointment and PAP smear, etc.
New menopausal 102 (44.6%) cases have used hormone therapy.

Table12. Service and treatment of ongoing menopausal women

Service/Treatment	Number (N=4,349)	Percent
Health education	511	11.7
Advice / health check up	1939	44.6
Hearing Lab / physician consultation	545	12.5
Endometrial curettage/ Endocell sampling	19	0.4
Repeat lab examination only	44	1.0
Refer to other clinic consultation	235	5.4
Symptomatic treatment	3073	70.7
PAP smear / Pelvic examination	219/40	5.0/0.9
Refer to nearby hospital	0	0
Repeat ultrasound	11	0.3
BMD assessment	108	2.5
Mammogram appointment	412	9.5
Others	500	11.5
Medication:		
Start hormone replacement/Reuse	104	2.4
Hormone continuation	828	19.0
Hormone discontinuation	15	0.3
Hormone regimen change	14	0.3
SERMs	177	4.1
Livial	107	2.5
Oral Bisphosphonate drugs (Actonel/ Fosamax/ Bonviva)	84	1.9
Aclasta	77	1.8
Dyslipidemia drugs	12	0.3
Pristiq/ Remifemin	20	0.5
Deosumab (Polia)	24	0.6
Ostex bisphosphonate inj (3 mo)	31	0.7
Regelle	4	0.1
Gynoflor	199	4.6
Calcium / vit D, K supplement	3,546	81.5

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

Total hormonal cases/ Total cases 416/ 1,955 case (21.3%)

Total dispensed hormone visits/ Total visits 828 / 4,349 visit (19.0%)