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Prevalence, impacts and management of urogenital challenges among rural menopausal women of Vhembe district in Limpopo Province, South Africa

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Background: Menopause is used to describe the physical and psychological events that occur in women owing to oestrogen deficiency and a time when ovaries stopped functioning. The primary aim of the study was to assess the prevalence, impacts and management of urogenital challenges among rural menopausal women of Vhembe District in Limpopo Province, South Africa

Methods: A cross-sectional study was conducted among systematically selected women of rural villages of Vhembe District. A structured and pretested self-administered questionnaire was employed for data collection. The collected data were analysed using the Statistical Package for the social sciences (SPSS version 19).

Results: From the total population size of 5000, a sample size of 500 was drawn. Age of participants ranged from 40 years and above with mean age 55 years, with a range of 40-70 years. 38.8% had changes in sexual desire, 32.7% had vaginal dryness during intercourse, avoided intimacy and felt nervous while 32.7% had urinary incontinence. The treatment modalities used were pain killers 63 (36.4%) exercise 7 (4.0%) and herbs 13 (7.5%).

Conclusions: the study revealed a high prevalence and negative impact of menopausal challenges on menopausal women of Vhembe District. Therefore, health education, appropriate treatment and support services should be availed and provided for the affected women.

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