

Table 3 Prevalence of postmenopausal symptoms in the study women (n = 400)

Symptom	None		Mild		Moderate		Severe		Very severe	
	No.	%	No.	%	No.	%	No.	%	No.	%
Joint pain	39	9.8	20	5.0	170	42.5	101	25.3	70	17.5
Sleep problems	67	16.8	93	23.3	167	41.8	52	13.0	21	5.3
Physical and mental exhaustion	80	20.0	81	20.3	163	40.8	61	15.3	15	3.8
Hot flushes	93	23.3	101	25.3	154	38.5	44	11.0	8	2.0
Depressed mood	102	25.5	145	36.3	111	27.8	30	7.5	12	3.0
Heart discomfort	109	27.3	107	26.8	142	35.5	31	7.8	11	2.8
Bladder problems	123	30.8	51	12.8	161	40.3	54	13.5	11	2.8
Irritability	136	34.0	130	32.5	86	21.5	36	9.0	12	3.0
Anxiety	168	42.0	93	23.3	106	26.5	25	6.3	8	2.0
Vaginal dryness	315	78.8	39	9.8	28	7.0	16	4.0	2	0.5
Sexual problems	384	96.0	6	1.5	7	1.8	1	0.3	2	0.5