**Table 3: Menstrual flow in women in menopausal transition in two groups**

|  |  |  |  |
| --- | --- | --- | --- |
| **Flow** | **Study Group (n=79)** | **Control Group (n=77)** |  **P value** |
| **No. (%)** | **Mean ± SD** | **No. (%)** | **Mean ± SD** |
| **Average Flow** | 14 (17.72) | 5.75 ± 3.98 | 9 (11.40) | 14.66 ± 8.09 | 0.0019 |
| **Heavy Flow** | 5 (6.33) | 3.0 ± 1.87 | 19 (20.05) | 20.0 ± 6.51 | 0.0001 |