Table 5: Postmenopausal symptoms in women in two groups

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Symptoms | Groups | 0 | | 1 | | 2 | | 3 | | P |
|  |  | No. | *%* | No. | *%* | No. | *%* | No. | *%* |  |
| Hot flushes | Controls | 25 | *32.5* | 12 | *15.6* | 12 | *15.6* | 28 | *36.3* | 0.01 |
| **Study** | **44** | ***55.7*** | **12** | ***15.2*** | **7** | ***8.9*** | **4** | ***5.1*** |
| Night sweats | Controls | 30 | *39.0* | 6 | *7.8* | 12 | *15.6* | 29 | *37.6* | 0.01 |
| **Study** | **43** | ***54.4*** | **25** | ***31.6*** | **10** | ***12.6*** | **1** | ***1.3*** |
| Mood swings | Control | 23 | *29.8* | 18 | *23.4* | 18 | *23.4* | 18 | *23.4* | 0.01 |
| **Study** | **46** | ***58.2*** | **28** | ***35.4*** | **4** | ***5.1*** | **1** | ***1.3*** |
| Libido | Control | 32 | *41.5* | 24 | *31.2* | 12 | *15.6* | 9 | *11.7* | 0.01 |
| **Study** | **56** | ***79.9*** | **20** | ***25.3*** | **3** | ***3.8*** | **0** | ***0.00*** |
| Fatigue | Control | 21 | *27.3* | 21 | *27.3* | 18 | *23.4* | 17 | *22.1* | 0.01 |
| **study** | **42** | ***53.2*** | **29** | ***36.7*** | **7** | ***8.8*** | **1** | ***1.3*** |
| Sleep disturbance | Control | 29 | *37.7* | 17 | *22.1* | 17 | *22.1* | 14 | *18.2* | 0.01 |
| **Study** | **56** | ***79.9*** | **17** | ***21.5*** | **5** | ***6.3*** | **1** | ***1.3*** |
| Headache | Control | 35 | *45.4* | 26 | *33.8* | 8 | *10.4* | 8 | *10.4* | 0.01 |
| **Study** | **56** | ***79.9*** | **19** | ***24.0*** | **4** | ***5.1*** | **0** | ***0.0*** |
| Bloating | Control | 32 | *41.5* | 20 | *20.6* | 16 | *20.8* | 9 | *11.7* | 0.01 |
| **Study** | **50** | ***63.3*** | **25** | ***31.6*** | **2** | ***2.5*** | **2** | ***2.5*** |
| Weight gain | Control | 35 | *45.4* | 14 | *18.2* | 15 | *19.5* | 13 | *16.9* | 0.01 |
| **Study** | **42** | ***53.2*** | **28** | ***35.4*** | **7** | ***8.9*** | **2** | ***2.5*** |
| Joint stiffness | Control | 17 | *22.1* | 15 | *19.5* | 28 | *36.4* | 17 | *22.1* | 0.01 |
| **Study** | **41** | ***51.9*** | **24** | ***30.4*** | **12** | ***15.2*** | **2** | ***2.5*** |
| Hair loss | Control | 20 | *26.0* | 22 | *28.6* | 22 | *28.6* | 10 | *13.0* | 0.01 |
| **Study** | **38** | ***48.1*** | **31** | ***39.2*** | **5** | ***6.3*** | **5** | ***6.3*** |
| Depression | Control | 30 | *39.0* | 12 | *15.6* | 25 | *32.5* | 10 | *13.0* | 0.01 |
| **Study** | **63** | ***79.7*** | **14** | ***17.7*** | **2** | ***2.5*** | **0** | ***0.0*** |
| Anxiety | Control | 28 | *36.4* | 16 | *20.8* | 18 | *23.4* | 15 | *19.5* | 0.01 |
| **Study** | **57** | ***72.1*** | **21** | ***26.6*** | **1** | ***1.3*** | **0** | ***0.0*** |
| Loss of concentration | Control | 29 | *37.7* | 16 | *20.8* | 24 | *31.2* | 8 | *1.5* | 0.01 |
| **Study** | **64** | ***81.0*** | **13** | ***16.4*** | **2** | ***2.5*** | **0** | ***0.0*** |