

## Checking Health of Postmenopausal Women- A Dire Need in our Society

Dear Editor,

I have read the original article entitled “Quality of life among postmenopausal women: a community-based cross-sectional study” by Parajuli et al. in Vol 4, No 2 (2021) in your esteemed journal [1].

The authors have mentioned the biological and psychosocial changes in postmenopausal women that hugely affect the quality of life. It is indeed a matter of fact to be noticed, understood, and paid attention to by the family members, society, and colleagues at workplace. The biological, physical and psychological changes experienced by postmenopausal women often go unnoticed and ignored.

In recent years, various studies have explored the impact of menopause in workplace and society [2 - 4]. The authors have reported accomplishing less than earlier as a major symptom in the psychosocial domain [1]. The menopausal symptoms deregulate the energy balance and hamper work ability. They may have long-term effects on women’s work-related physical and psychological well-being [2].

The vasomotor symptoms and their frequency are not associated with the work outcome. However, the intensity to stop working is best predicted by the problematic hot flushes [3]. Menopausal symptoms have negative impact on family life, at workplace and in society [4]. Menopausal health should be a top priority in the healthcare system and at the government level. I congratulate and thank the authors for contributing in this issue as menopausal health is less explored and researched in developing countries.



**Anju Pradhan**

dranjupradhan@gmail.com



<https://orcid.org/0000-0002-7409-1940>

Additional Professor, Department of Pathology, B. P. Koirala Institute of Health Sciences, Dharan, Nepal.

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### Declarations

**Conflict of Interest interest:** None

### References

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