

Table 2 Distribution of women according to knowledge and practices related to menopause

Variable/Scoring	No.	%
Knowledge^a		
<i>Previous knowledge of menopausal symptoms</i>		
Yes (1)	173	38.4
No (0)	277	61.6
<i>Awareness about HRT</i>		
Yes (1)	42	9.3
No (0)	408	90.7
<i>Woman must consult a physician</i>		
Yes (1)	55	12.2
No (0)	334	74.2
Don't know (0)	61	13.6
<i>What practices are beneficial after menopause?</i>		
Taking vitamins (1)	273	60.7
Exposure to sun (1)	249	55.3
Good food (1)	151	33.6
Nothing (0)	40	8.9
<i>What foods are suitable for a menopausal woman?</i>		
Fruits and vegetables (1)	280	62.2
Roasted meats (1)	228	50.7
Dairy products (1)	172	38.2
Proteins (1)	126	28.0
No specific food (0)	125	27.8
Low starch, low fat diet (1)	63	14.0
Practices^b		
<i>Did you consult a physician?</i>		
Yes (1)	50	11.1
No (0)	400	88.9
<i>Are you interested in exposing your body to sun?</i>		
Yes (1)	192	42.7
No (0)	258	57.3
<i>Are you a smoker?</i>		
Yes (0)	7	1.6
No (1)	443	98.4
<i>Physical activity during the year preceding menopause</i>		
Sedentary (0)	63	14.0
Mild (1)	331	73.6
Moderate (2)	56	12.4
<i>Did you discuss menopausal symptoms with others?</i>		
Yes (1)	314	69.8
No (0)	136	30.2

HRT = hormone replacement therapy.

^aMedian (range) knowledge score = 4 (1–11).

^bMedian (range) practice score = 3 (0–6)