

Symptomatic profile of the climacteric female. Clinical experience Perfil sintomático de la mujer climaterica. Experiencia clinica.

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To describe the symptoms of the climacteric female, 287 climacteric patients had their symptoms evaluated according to the criteria of Blatt-Kupperman for menopause. The median age was 50 years (P10 = 43 and P90 = 58). The main complaint was flushing in 46%, psychiatric symptoms in 17.8%, a health examination in 14.6%, osteoporosis in 11.1%, menstrual problems in 6.3%, and other symptoms in 4.5%. Asthenia was a prominent symptom in 82% of patients, followed closely by headache, irritability and depression. Flushing was present in 77% of patients. Symptoms not usually associated to menopause, such as vertigo, palpitations and bone pain were quite prevalent. Only 69% of females were sexually active. Among them, 45% complained of dyspareunia and 58% of decreased or absent libido. The median Blatt index was 27. Working capacity was affected in 87% of patients. Conclusion: The menopausal period is associated to many symptoms which may motivate females to consult an internist.