

Risk Prediction of Cardiovascular Disease among Sedentary Post - Menopausal Women – An Observational Study

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Abstract

Background of Study: Menopause is defined by the ovaries halting the release of eggs. Menopause signifies the permanent end of menstrual cycles in women, typically manifesting in their late 40s or early 50s. Prior to menopause, there's a transitional phase called perimenopause, lasting 2–10 years, where the ovaries reduce the production of estrogen and progesterone. Sedentary behavior is defined as low-energy activities, including lying down or sitting, and little to no participation in moderate-to-intense physical activity. In comparison to men in the same age group, postmenopausal women had a disproportionately higher rise in arterial stiffness. It is thought that during menopause, carotid artery intima thickness—a cardiovascular risk factor—increases; this is especially true for early menopause and longer menopause. It is thought that the combination of these variables increases the risk of Cardiovascular disease in women going through menopause.

Methodology: A total of 60 subjects were selected for study. Pre-test taken for all participants. Body Mass Index (BMI), Ankle Brachial Index (ABI), 6 Minute Walk Test (6MWT) and Hip Waist Ratio (HWR).

Results: Postmenopausal women has identified as risk of cardiovascular disease based on the BMI (overweight) has increase 25.9 and ABI has increases 0.985 this will indicate peripheral artery disease. The 6MWT and HWR are normal there is no risk among these two outcomes.

Conclusion: It is concluded that the risk of cardiovascular disease among sedentary Post-menopausal women is prone to be more.