

## 论文

### 泰安市妇女膳食结构与围绝经期综合征关系

孙铮<sup>1</sup>, 刘风云<sup>1</sup>, 郝艳青<sup>2</sup>, 张敏<sup>2</sup>

1. 泰山医学院人口与计划生育学院, 山东泰安271000;
2. 泰山医学院2010级研究生

#### 摘要:

目的 探讨围绝经期妇女膳食结构、绝经综合征发生率及相关因素。方法 抽取就诊于山东省泰安市3家医院妇科门诊、年龄40~60岁、有子宫及一侧或双侧卵巢、有月经改变或有绝经期综合征表现的862名妇女为调查对象,采用自制调查表进行调查,使用改良Kupperman评分标准进行绝经症状评分,与《中国居民膳食指南(2007)》(以下简称《指南》)的标准相比较。结果 月经情况:初潮年龄为(14.8±1.9)岁,绝经年龄为(49.2±4.8)岁;799人出现了≥1种绝经症状,占92.69%;Kupperman症状评分与绝经综合征症状得分直线相关分析结果均有相关性( $P<0.05$ );围绝经期妇女膳食结构与《指南》相应项目比较,均不符合中国居民平衡膳食宝塔建议的推荐值。结论 围绝经期妇女膳食结构不够合理,围绝经期综合征的发生与饮食习惯可能有关。

关键词: 围绝经期 膳食结构 围绝经期综合征

### Relationship between dietary structure and perimenopausal syndrome in women of Tai' an city

SUN Zheng<sup>1</sup>, LIU Feng-yun<sup>1</sup>, HAO Yan-qing<sup>2</sup>

Population and Family Planning School of Taishan Medical College, Tai'an, Shandong Province 271000, China

#### Abstract:

Objective To explore perimenopausal women's dietary structure, the prevalence of menopause syndrome and its related factors. Methods Totally 862 female outpatients from 3 hospitals were selected. The patients were aged between 40 and 60 years, with uterus and one or two ovaries, and with menstrual changes or menopause syndrome symptoms. The menopausal symptoms were graded by improved Kupperman evaluation standard and the diet structure was evaluated with the standard of "The China Dietary Guidelines(2007)". Results The menarche age of the perimenopausal women was 14.8±1.9 years and the menostasis age was 49.2±4.8 years. There were 799(92.69%) patients having one or more menopause symptoms. Linear correlation analyses showed that improved Kupperman symptom score was correlated with menopause syndrome score. The dietary structure of the patients was not consistent with the recommended value of the Chinese balanced diet guide. Conclusion Most of the perimenopausal women's dietary structure was not rational. The relationship between dietary behavior and menopausal symptoms needs further research.

Keywords: perimenopausal period dietary structure perimenopausal syndrome

收稿日期 2011-07-12 修回日期 网络版发布日期

DOI: 10.11847/zgggws-2012-28-12-30

基金项目:

通讯作者:

作者简介:

#### 参考文献:

- [1] 乐杰. 妇产科学[M]. 7版. 北京: 人民卫生出版社, 2007: 256-276.
- [2] Hays NP, Bathalon GP, Roubenoff R, et al. Eating behavior and weight change in healthy postmenopausal women: results of a 4-year longitudinal study[J]. The Journal of Gerontology: Series A, 2006, 61(6): 608-615.
- [3] 中国营养学会. 中国居民膳食指南(2007)[M]. 西藏: 西藏人民出版社, 2008: 172-177.
- [4] World Health Organization. Research on menopause in the 1990s. Report of the WHO Scientific Group [R]. Geneva: WHO Technical Report Series 866, 1996.

#### 扩展功能

##### 本文信息

- ▶ Supporting info
- ▶ PDF(KB)
- ▶ [HTML全文]
- ▶ 参考文献

##### 服务与反馈

- ▶ 把本文推荐给朋友
- ▶ 加入我的书架
- ▶ 加入引用管理器
- ▶ 引用本文
- ▶ Email Alert
- ▶ 文章反馈
- ▶ 浏览反馈信息

##### 本文关键词相关文章

- ▶ 围绝经期
- ▶ 膳食结构
- ▶ 围绝经期综合征

##### 本文作者相关文章

- ▶ 孙铮
- ▶ 刘风云
- ▶ 郝艳青
- ▶ 张敏

##### PubMed

- ▶ Article by SUN Zheng
- ▶ Article by LIU Feng-yun
- ▶ Article by HAO Yan-qing
- ▶ Article by

- [5] 叶碧绿.绝经与健康[M].北京:人民卫生出版社,2007:5.
- [6] 葛静,鲁永鲜,刘艳霞,等.北京市围绝经期妇女健康状况及需求调查[J].中国公共卫生,2008,24(5):622-623.
- [7] 罗永玉,王小华.杭州市妇女围绝经期综合征发生情况分析[J].中国妇幼保健,2011,26(1):141-142.
- [8] Gold EB,Bromberger J,Crawford S,et al.Factors associated with age at natural menopause in a multiethnic sample of midlife wwomen[J].American Journal of Epidemiology,2001,153(9):865-874.
- [9] Baig LA,Karim SA.Age at menopause,and knowledge of and attitudes to menopause,of women in Karachi[J].Pakistan Menopause,2006,12:71-74.
- [10] 王晓明,修新红,袁丽,等.青岛市围绝经期妇女健康状况调查[J].中国妇幼保健,2007,22(19):2703-2707.
- [11] 陈炳卿.营养与食品卫生学[M].北京:人民卫生出版社,1999:19.
- [12] Zhang JP,Li F.Subjective sleep quality in perimenopausal women and its related factors[J].Journal of Nanjing Medical University,2007,21(2):116-119.

本刊中的类似文章

文章评论 (请注意:本站实行文责自负, 请不要发表与学术无关的内容!评论内容不代表本站观点.)

反馈人	<input type="text"/>	邮箱地址	<input type="text"/>
反馈标题	<input type="text"/>	验证码	<input type="text"/> 3230