

- Women should be encouraged to have regular health check-up during menopause in order to avoid complication.
- Women with menopausal signs & symptoms need to consult doctor and take advice & treatment.
- Menopausal clinics should be held in the Government Hospitals
- Encourage practice of Jacobson's relaxation exercise among menopausal women.
- Community Health Nurse has the opportunity to give care to this group of women through health education.
- Teachers can use health education on menopause for peer group teaching.
- Appropriate materials should be provided in all women's health settings, through media and places where women gather like beauty parlors and community centres.
- Assistance for women with their premenstrual and menstrual cycle symptoms may improve their quality of life at menopause.

CONCLUSION

- Health education on menopause was effective independent of background factors to increase the knowledge and practice of school teachers regarding menopause.
- School teachers and other literate groups would benefit from health education on menopause.
- Dissemination of knowledge regarding menopause is essential.
- Increased knowledge on menopause and practice of Jacobson's relaxation exercise would reduce the problems related to menopause.

BIBLIOGRAPHY