Aging workforce

**O-35** IMPACT OF MENOPAUSAL SYMPTOMS ON WORK: FINDINGS FROM WOMEN IN THE HEALTH AND EMPLOYMENT AFTER FIFTY (HEAF) STUDY

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**Introduction** As the UK population ages and people are required to work to older ages, more women experience menopausal symptoms while in paid employment. We explored the prevalence of menopausal symptoms, the relationship between those symptoms, other risk factors and reporting problems coping with work during the menopause, among middle-aged women.

**Material and Methods** Participants were from the Health and Employment After Fifty (HEAF), a community-based cohort of people aged 50–64 years when recruited in 2013–14. In 2019, female participants completed a questionnaire about their reproductive history, menopausal symptoms, and effect of those symptoms on their ability to cope with work.

**Results** A total of 409 women were in work at the time of their menopause and were included in the analysis. The commonest symptoms were vasomotor (91.7%); trouble sleeping (68.2%); psychological (63.6%) and urinary (49.1%). The prevalence of reporting symptoms was consistent throughout all types of participants’ occupations. Around one third of women reported moderate/severe difficulties coping with work because of menopausal symptoms. Comparison of the number of symptoms amongst those with no/minor problems, and those with moderate/severe problems, showed higher numbers of symptoms generally amongst those who were most troubled. Risk factors for difficulties coping at work included: financial deprivation, poorer self-rated health, depression, and adverse psychosocial occupational factors, but not physical work demands. The menopausal symptoms associated with the highest risk of reporting difficulty coping at work were severe headaches (RR=1.57; 95%CI 1.15 to 2.14), joint aches and pains (RR=1.60; 95%CI 1.13 to 2.27), and psychological symptoms.

**Conclusion** Menopausal symptoms affect women in all sectors, but women with financial difficulties and those with jobs in which they feel insecure, unappreciated, or dissatisfied are at greatest risk of not coping with work while experiencing the menopause.

Respiratory effects/Diseases

**O-45** QUALITATIVE AND QUANTITATIVE ASSESSMENT OF WORKPLACE RESPIRABLE DUST AND PULMONARY FUNCTION AMONG NON-SMOKER CERAMIC INDUSTRY WORKERS


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**Introduction** Workers in different sections of ceramic tile industry are continuously exposed to dust of varying micron size and are at risk to develop occupational respiratory diseases. We conducted this study to quantify and characterize the workplace respirable dust exposure (PM4 – particulate matter < 4 microns) and to estimate the prevalence of abnormal lung function among ceramic tile workers of Gujarat, India.

**Materials and Methods** This cross-sectional study was conducted in industrial zone of Morbi with a sample of 128 workers to achieve 5% alpha and 20% beta. The subjects included ceramic tile workers of different sections exposed to dust and administrative employees of industry as comparator group. Particulate sampling was done near breathing zone of...