• More younger women (35-44) had negative attitudes toward menopause and fewer (22%) younger women (35-44 years) believed it would be easy to manage menopausal symptoms, and evaluate different trends by age.

Table 1. Survey respondent demographics and disposition

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Survey Respondents, %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age Group</td>
<td></td>
</tr>
<tr>
<td>35-44</td>
<td>45%</td>
</tr>
<tr>
<td>45-54</td>
<td>37%</td>
</tr>
<tr>
<td>55-64</td>
<td>7%</td>
</tr>
<tr>
<td>≥65</td>
<td>11%</td>
</tr>
<tr>
<td>Race</td>
<td></td>
</tr>
<tr>
<td>White</td>
<td>77%</td>
</tr>
<tr>
<td>African descent</td>
<td>16%</td>
</tr>
<tr>
<td>Asian/Pacific Island</td>
<td>5%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>3%</td>
</tr>
<tr>
<td>Other</td>
<td>1%</td>
</tr>
</tbody>
</table>

• Results were analyzed by age group when available: 35-44, 45-54, 55-64, and ≥65 years.

Methods

To assess women’s attitudes on aging and menopause, determine how they manage their menopausal symptoms, and evaluate different trends by age.

Aim

Women’s perspectives on aging and menopause, in midlife, warrant further research.

Results

• Of the 8561 surveys sent to eligible women, 5001 women responded (58%).

• Overall, 59% of women reported a positive reaction from their spouse/partner to their menopausal changes; however, 25% of these women felt their spouse/partner was unaware of what was truly happening. Conversely, 21% felt their spouse/partner had a negative reaction, with more young women (35-44 years; 29%) reporting negative reactions vs older women (≥65 years; 13%).

• Women were more likely to discuss weight, insomnia, and fatigue with their healthcare provider.

• Symptomatic menopause is physiologically characterized as a decline in period heaviness/frequency, irritability/mood swings, facial hair growth, and sleep disturbance/insomnia (Figure 2).

• About one third of all women with vasomotor or vaginal symptoms had taken action to manage their symptoms: of those, a third had ever received hormone therapy. Notably, women with vaginal symptoms were about twice as likely to use over-the-counter treatments versus hormone therapy (Figure 4).

• Most of the women (74%) actively sought to understand the changes their bodies were undergoing with aging and menopause. However, while two thirds of women experienced vasomotor or sexual symptoms, only one third had discussed them with their healthcare providers (HCPS) (Figure 5).

Figure 1. Proportion of women with positive or negative attitude toward menopause are study who experience the rise of aging

Figure 2. Proportion of women experiencing select symptoms by age

Figure 3. Proportion of women who believed menopause or hormones were the primary cause of their symptoms

Figure 4. Proportion of women who had ever taken actions, and of those, who took hormone therapy, herbal remedies, or over-the-counter treatments

Figure 5. Proportion of women who had experienced symptoms, and of those, who discussed the symptoms with a healthcare provider

Conclusions

• For younger women, anticipation of aging appears to be more distressing than the actual experience. As women age, they tend to be more positive about aging and menopause.

• The types of symptoms of aging/menopause differ by age group.

• While women are experiencing symptoms related to aging and menopause, very few treat their symptoms or discuss them with their HCPS.

References