

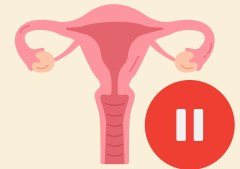
BACKGROUND ON MENOPAUSE

What is Menopause?

Menopause is part of the normal aging process in women* when menstruation has ceased for 12 consecutive months. This transition to a new stage of life often occurs naturally between ages 45 and 55 years but may occur between ages 40 and 64 years (median age 51 years).

What changes does the body undergo?

Estrogen & Progesterone



Ovaries stop releasing eggs, no longer can become pregnant

Common Menopause Symptoms



Mood disturbance



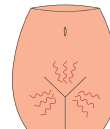
Bone Loss



Memory and cognition



Low Libido



Genitourinary syndrome (Vaginal atrophy/dryness)



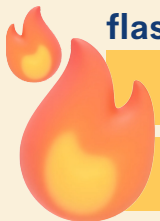
Sleep disturbance



Vasomotor symptoms (Hot flashes/night sweats)

Disparities in Symptoms

Most frequent and bothersome hot flashes reported:



Native American (66.7%)

Black women (50%)

Hispanic women and white women report similar rates.

Asian women report lowest rates

Vaginal symptoms reported by race:

49.4% Hispanic women

46.5% Black women

Black women report the longest duration. 36.6% Chinese

Chinese and Japanese women report the shortest duration. 34.3% Japanese

28.9% White



Sleep Disturbance: Black, Chinese, Japanese, and Hispanic/Latinx women experience more interrupted sleep and poorer sleep quality relative to White women

Societal Impact of Menopause

\$1.8 billion and \$2.2 billion annually lost from symptoms affecting productivity

Avg of 3 missed workdays annually among 11% of women

Cut back in hours worked among 5% of women



Quitting/retiring among 1% of women

Layoffs or firings among 0.3% of women

Risk of unemployment was 31% higher for women with new-onset sleep disturbances.

Treatments for Menopause Symptoms

Systemic and Local Hormonal Drug Therapies

Oral systemic, topical systemic, transdermal systemic, vaginal estrogen, Prasterone

Nonhormonal Drug Therapies

Fezolinetant, Ospemifene, antidepressants, anticonvulsants

Osteoporosis Medications

Bisphosphonates, monoclonal antibodies medication, SERMs, synthetic parathyroid hormone

Barriers to Treatment



Fear of symptoms around hormone therapy



Lack of Knowledge about menopause



Misattribution of symptoms to another cause



Stigma/Embarrassment



Normalization of symptoms



Cultural norms around menopause



Perceptions of Hormone Therapy



Beliefs about risk of breast cancer



Received limited to no information about hormone therapy

Treatment Preferences

59.4% of women reported consulting a healthcare provider for menopausal symptoms

Some women who experience symptoms do not seek prescription drug therapy because:



Symptoms are mild enough without any treatment



Symptoms reduced by over-the-counter products



Negative side effects from drug treatments

Side Effects of Hormone Therapy

Systemic hormone therapy



Breast Tenderness



Headache



Heavy vaginal bleeding



Upset Stomach



Vomiting



Swelling/Fluid Retention

Combination hormone therapy



Breast Cancer



Heart Disease



Stroke

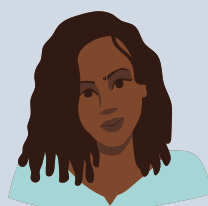


Urinary incontinence



Blood clots

Disparities in Treatment



Black women with menopause face disparities:

- Half as likely as White women to use menopause hormone therapy
- Less likely to be prescribed menopause hormone therapy and treatment for depression despite experiencing symptoms more