

Menopause Hormone Therapy (MHT) Among Women Aged 40-65 years: Age-Based Perceptions

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Introduction

Previous research conducted in the Women's Health Initiative demonstrated a connection between MHT and an increased risk of cardiovascular disease and breast cancer which led to a change in prescribing habits and women's perception of MHT use.

- MHT usage and new prescriptions significantly decreased.
- Subsequently, ongoing analysis of WHI data and new studies support that benefits of MHT outweigh the risks for symptomatic younger patients in early stages of the menopausal transition⁶.

Objective

With the topic of MHT remaining controversial among patients, the current study aims to provide more insights on women's perceptions and experiences with MHT, and to explore potential age-related differences.

Methodology

An Attitudes and Usage (A&U) study was conducted among US women aged 40-65.

- 4,578 participants**
- Online survey, completion time 25 minutes; fielded August 2021
- Self-reported menopause phase (pre, peri, menopause, post)
- Participants recruited from online panel

Table 1. Demographics of study participants

Age	In menopause	In perimenopause	Not yet in menopause/ Pre-menopause	Post-menopause	Total
40-44	67 (7.0%)	244 (25.5%)	589 (61.7%)	55 (5.8%)	955
45-49	124 (13.8%)	336 (37.3%)	322 (35.8%)	118 (13.1%)	900
50-54	267 (28.9%)	254 (27.5%)	88 (9.5%)	316 (34.2%)	925
55-60	175 (18.4%)	43 (4.5%)	16 (1.7%)	717 (75.4%)	951
61-65	39 (4.6%)	6 (0.7%)	8 (0.9%)	794 (93.7%)	847

Ethnicity	In menopause	In perimenopause	Not yet in menopause/ Pre-menopause	Post-menopause	Total
African American	87 (13.1%)	104 (15.6%)	178 (26.8%)	296 (44.5%)	665
Asian	13 (8.8%)	20 (13.6%)	59 (40.1%)	55 (37.4%)	147
Caucasian (NH)	463 (15.8%)	599 (20.4%)	583 (19.9%)	1291 (44.0%)	2936
Native American	3 (7.3%)	8 (19.5%)	5 (12.2%)	25 (61.0%)	41
Other	27 (21.8%)	25 (20.2%)	22 (17.7%)	50 (40.3%)	124
Spanish/Hispanic/ Latino	79 (11.9%)	127 (19.1%)	176 (26.5%)	283 (42.6%)	665

This A&U study included 4 distinct domains:

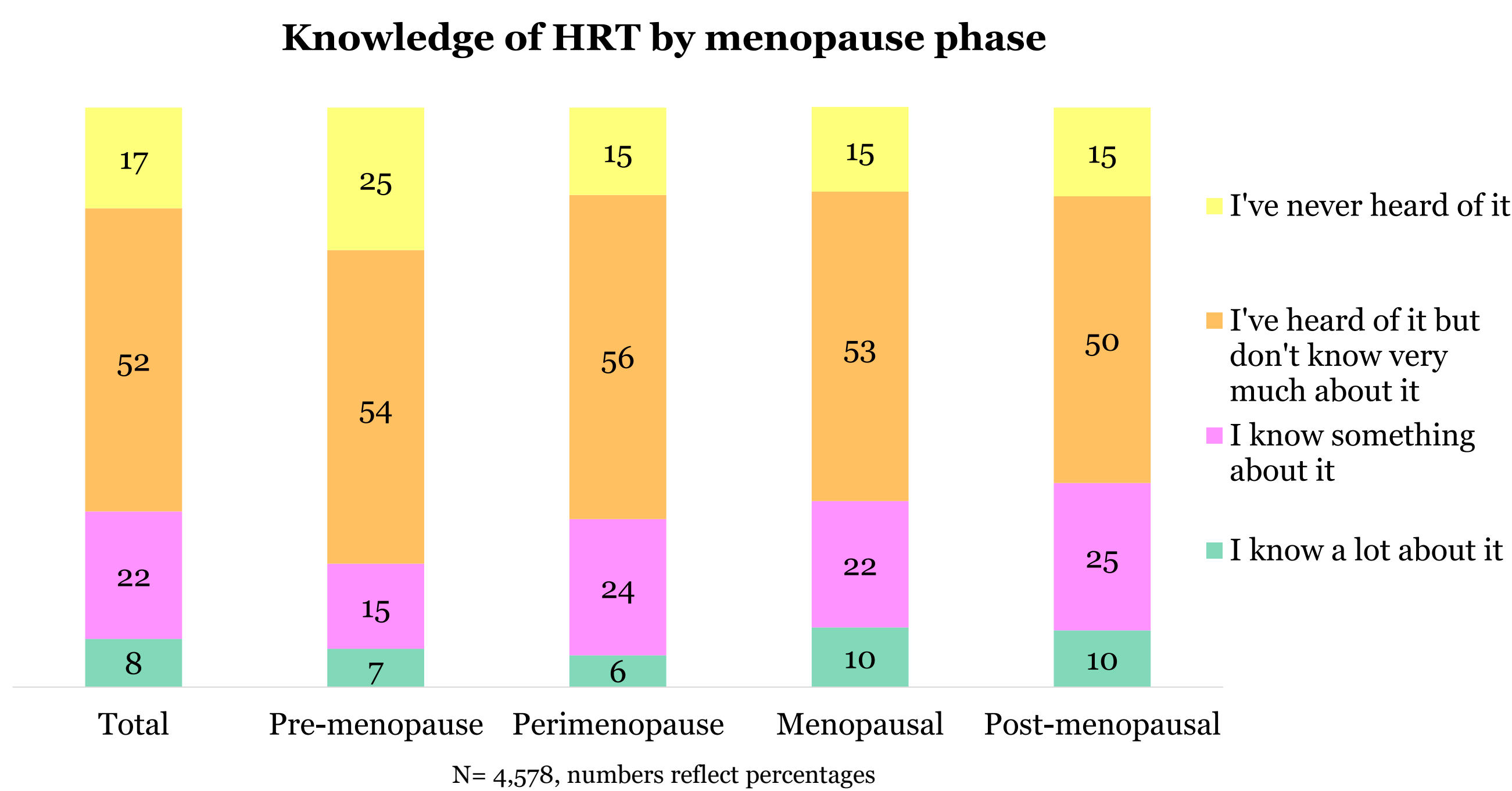
- Lifestyles and attitudes.
- Menopausal symptoms:
 - Women were asked to report which symptoms they experienced in the past year (n=48 symptoms)
 - For analysis, symptoms were grouped into the Menopause-specific Quality of Life Questionnaire (MENQOL4) categories vasomotor, physical, psychosocial, and sexual
- Menopause sources of trust and points of care.
- Knowledge surrounding MHT (menopause hormone therapy) and their openness to learning more.

Results highlights from domains 1 and 4 are presented here. Subsequent data will be presented in the future.

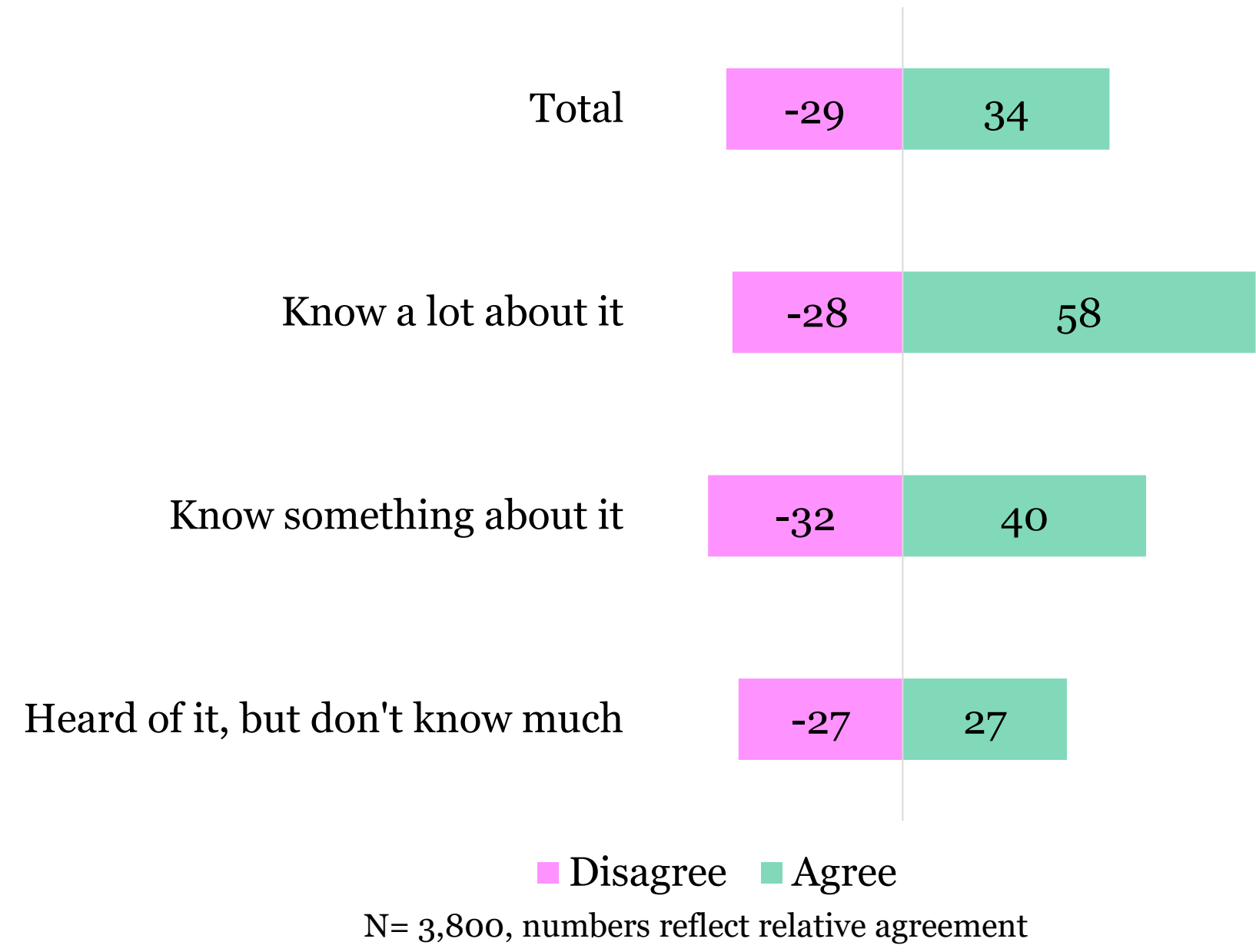
Statistical Methods

- To identify the role of MHT knowledge on women's attitudes toward MHT, we conducted Spearman correlations for paired symptoms at the individual level within each ethnic group.
- To examine the age variations, women were categorized into 4 age groups: 40-44 years, 45-49 years, 50-60 years, and 61-65 years. Kruskal-Wallis tests were utilized to compare differences in attitudes towards MHT across age groups.

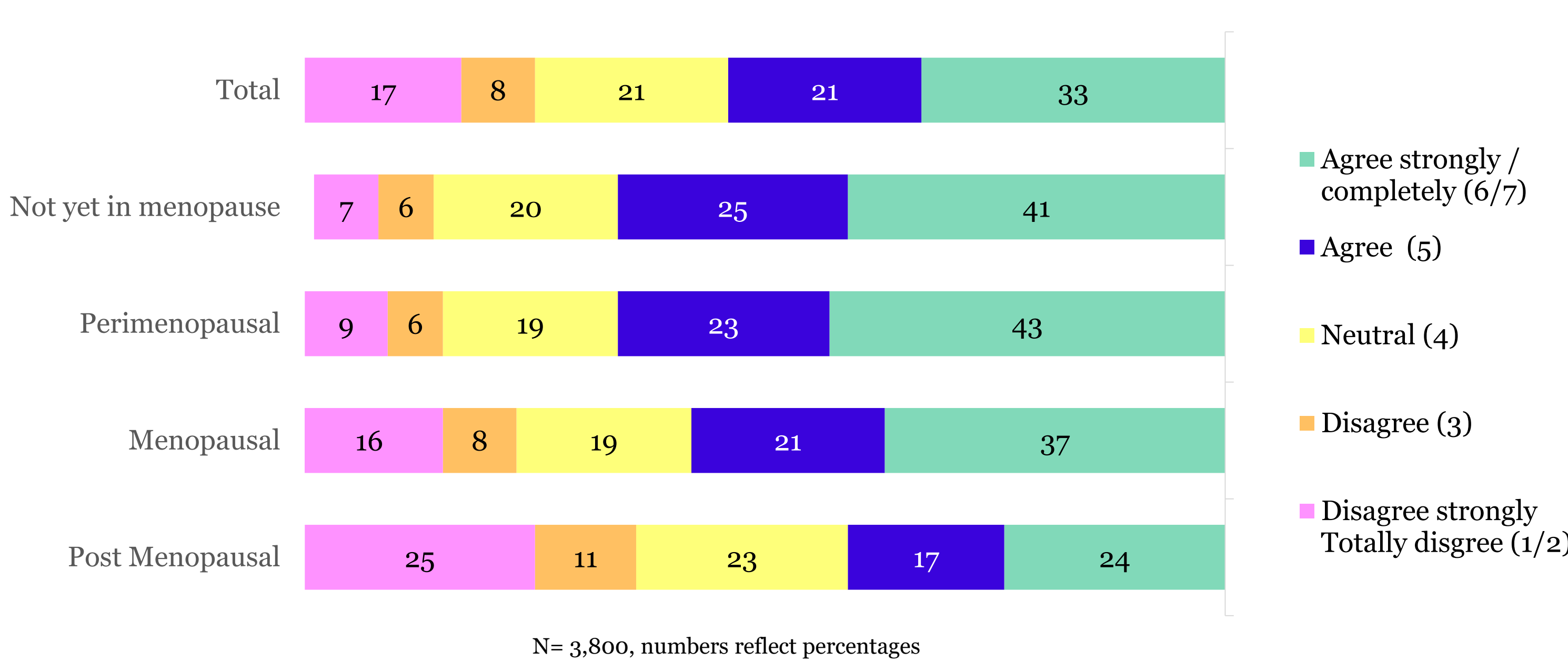
Menopause Hormone Therapy Awareness Levels



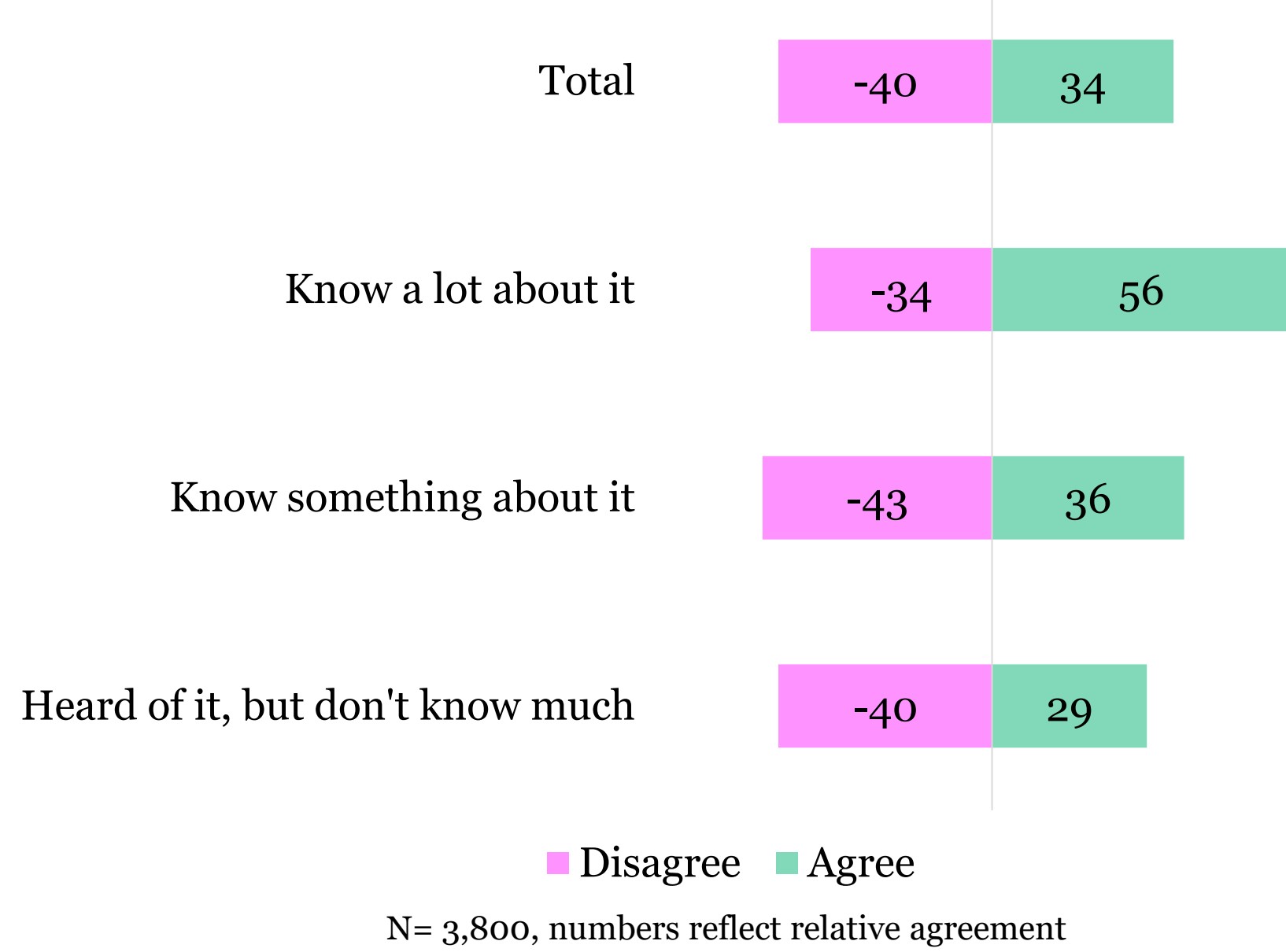
“I believe the benefits outweigh the risks for most women”



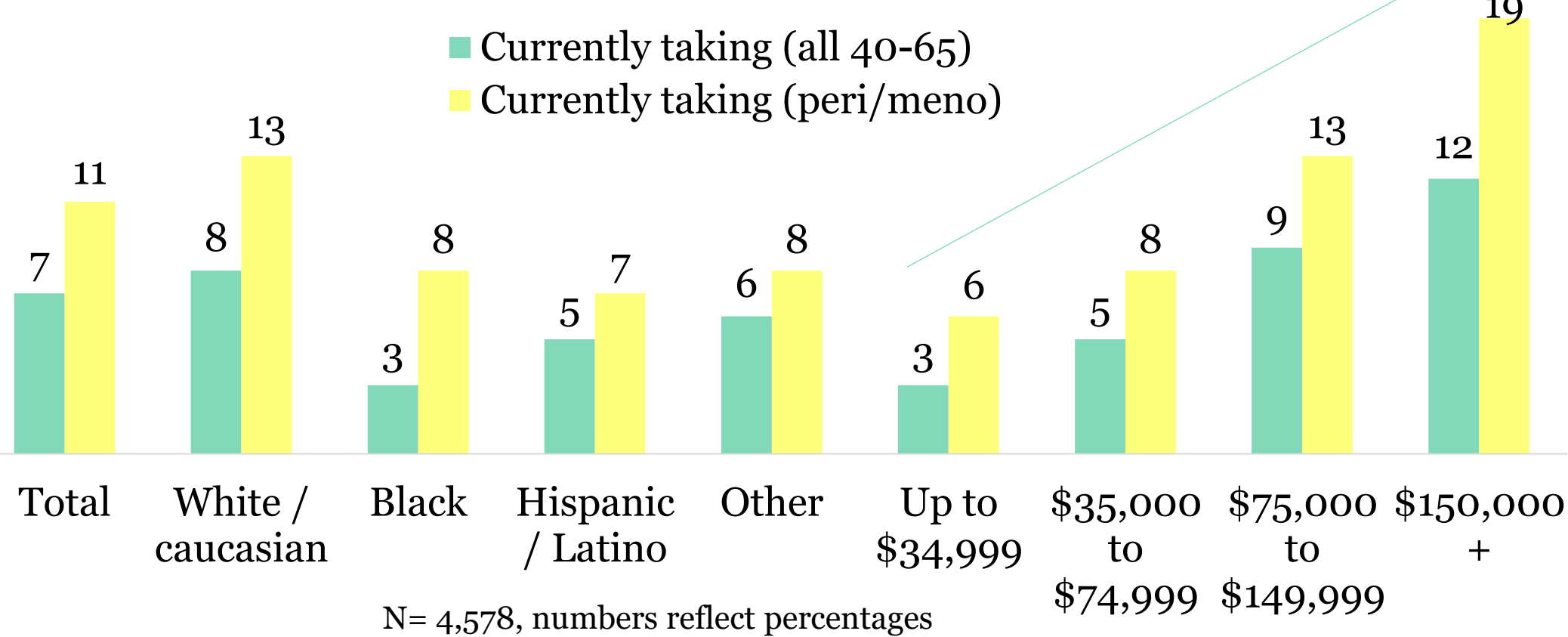
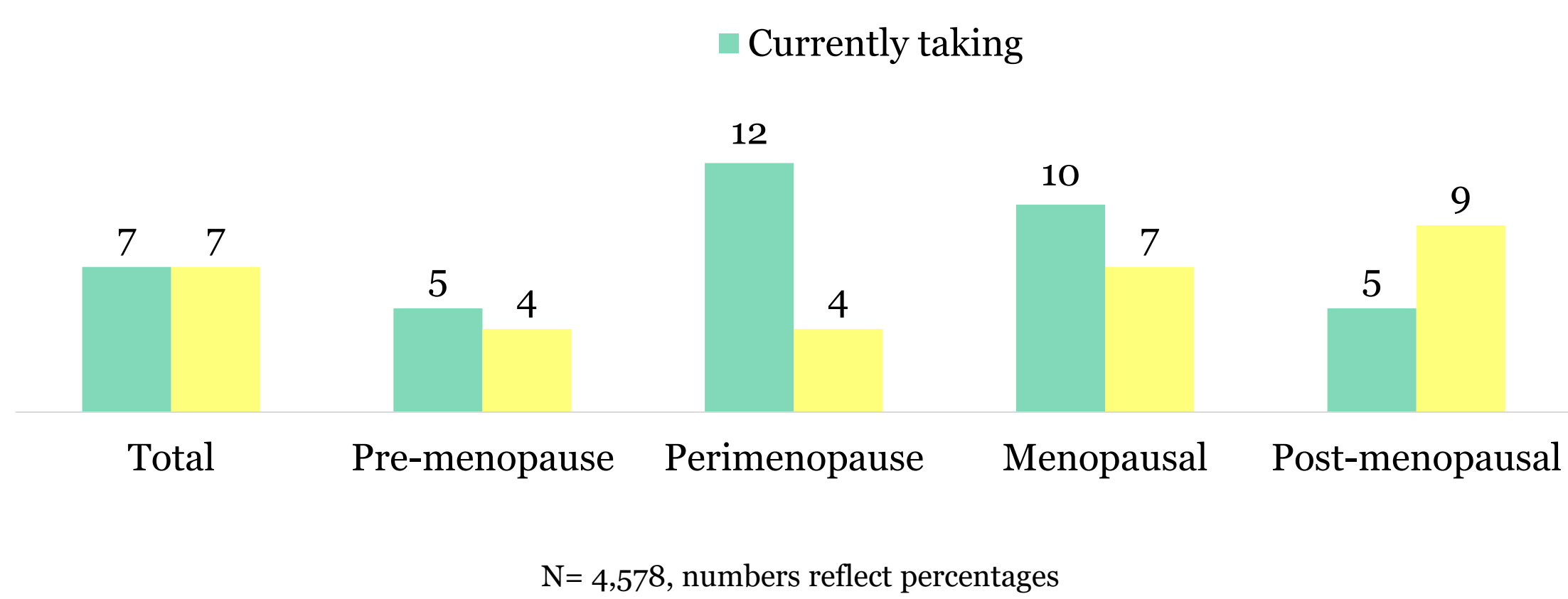
“I would like to understand more than I do about MHT”



“I am happy / would be happy to take MHT to help my transition through perimenopause / menopause”



How many are taking MHT?



Results

MHT Knowledge and Attitudes

MHT Knowledge levels are low – while most have heard of it prior to perimenopause only 22% claim to know something/a lot about it

Correlation results showed a significant association between greater knowledge of MHT and emotional responses towards MHT (ps < 0.001).

- Better MHT knowledge was associated with more positive attitudes towards MHT, shown in the survey responses to feelings that the benefits of MHT outweigh the risks and optimism in taking MHT to aid the peri/menopausal transition experience
- Overall, Women have mixed feelings about MHT, with many expressing concerns around the risk
- Two-thirds of women who are not yet in menopause or perimenopausal would like to understand more about MHT – highest among those in their early forties

Trends of those taking MHT

- 1 in 8 women currently in perimenopause and 1 in 10 menopausal women are currently taking MHT
- Use of MHT increases strongly with affluence, MHT use is also higher among white women

Discussion and Conclusions

- Strengths: large and diverse sample, included large Native American population
- Weaknesses: self-reported menopause stage and symptoms
- The current study indicates that older women with greater knowledge of MHT are more inclined to feel positively towards it, yet the younger generation of women entering menopause are curious about MHT
- These findings underscore a key opportunity to educate the next generation of women who are undergoing the menopause transition.
- Our findings offer valuable insights for clinicians, enabling them to better comprehend the potential perceptions of MHT among patients across various menopause phases, demographics, and income levels, and facilitating proactive discussions about MHT.

References

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References to other parties' articles and websites are provided for convenience only. Kenvue is not responsible for their content.