

Understanding Variations in Menopause Symptom Concurrences Across Ethnicity and Income Levels

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Introduction

Previous research shows that women experiencing menopause-related symptoms tend to experience multiple symptoms¹

- Women in perimenopause experience an average of 10.7 symptoms²
- However, little is known about demographic variations in concurrent menopausal symptoms.

Objective

We aimed to gain greater understanding of individual's menopause symptoms

We evaluated variations in menopause symptoms across different demographic groups, particularly ethnicity and income levels, by focusing on a range of common symptoms including vasomotor, sleep, and cognitive symptoms along with mental and sexual health.

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

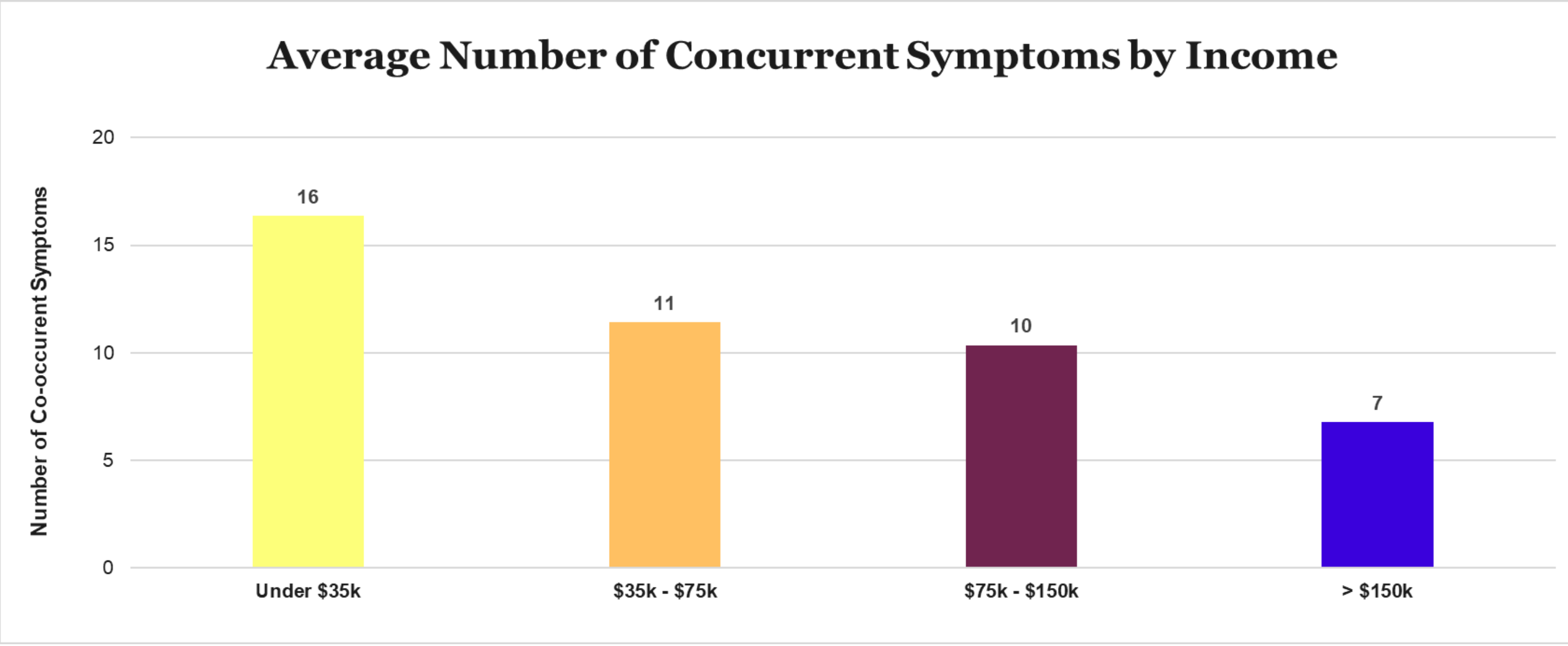
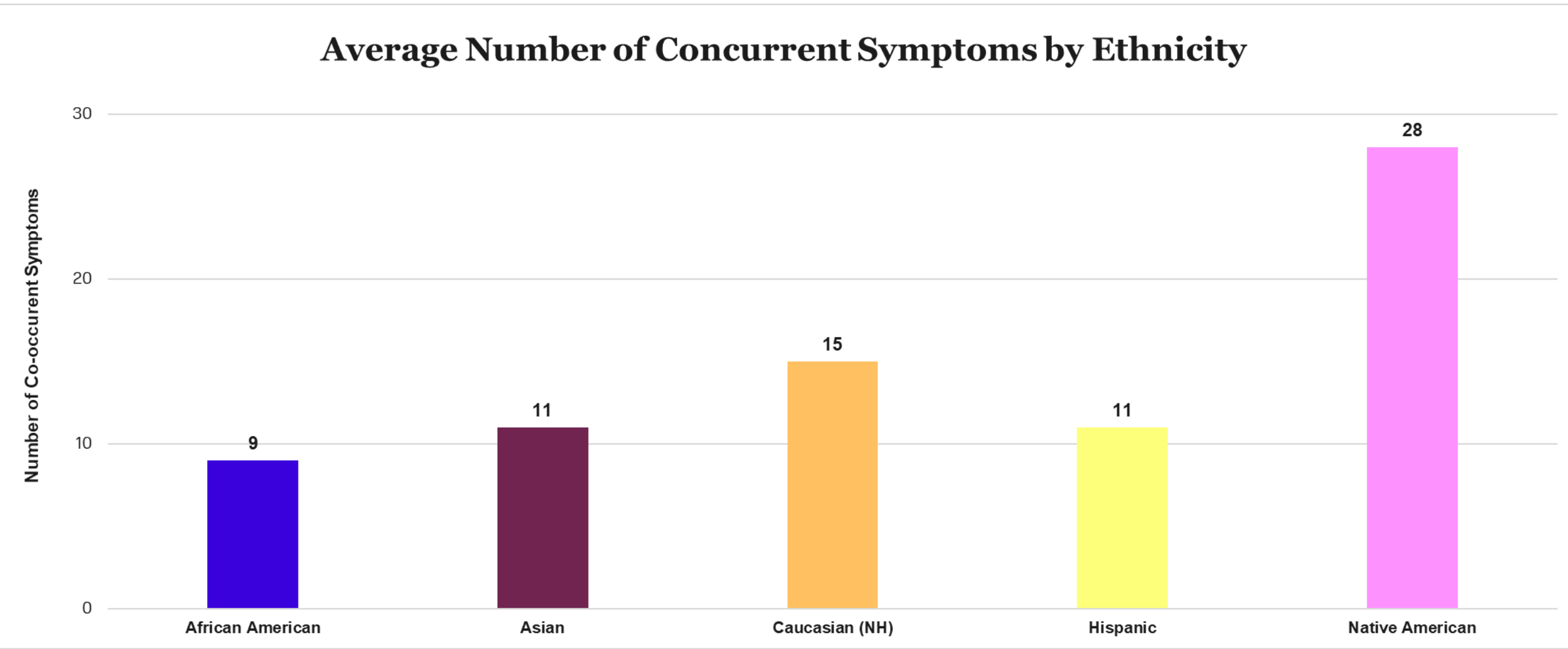
This A&U study included 4 distinct domains:

1. Lifestyles and attitudes.
2. 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
3. Menopause sources of trust and points of care.
4. Knowledge surrounding MHT (menopause hormone therapy) and their openness to learning more.

Results highlights from domains 1, 2 and 4 are presented here. Subsequent data will be presented in the future.

Statistical Methods

Hierarchical linear regression and Pearson correlation was used to associate concurrent symptoms. ANOVA and Tukey's HSD was used for continuous data comparisons. Chi-square and Fisher exact tests were used for categorical data comparisons.



Results

- Women experience multiple symptoms simultaneously with strong correlations (r-squared > 0.3) between fatigue, mental sharpness, insomnia, and anxiety (p < 0.05).
- One-way ANOVA indicates a significant effect of ethnicity on the number of concurrent symptoms (p < 0.01).
- Native Americans have significantly more concurrent symptoms than all other ethnic groups (p < 0.05).

Different ethnic groups of women experience common and unique menopausal symptoms.

- Native American women had more concurrent symptoms in all 14 categories other than memory loss.
- Hot flashes were accompanied by night sweats across all ethnicities
- All ethnicities except Asian also experienced mood swings
- Anxiety was accompanied by depression, insomnia, fatigue and loss of mental sharpness and memory issues across all ethnicities
- Caucasian women more experienced more symptoms concurrent with cognitive issues
- Asian women experienced more symptoms concurrent with irregular heartbeat than all ethnicities other than Native American
- Hispanics noted more symptoms concurrent with changes in body odor than all ethnicities other than Native American
- **Chi-square test indicates a significant effect of income in the number of concurrent symptoms across all (p < 0.001).**

Discussion and Conclusions

- Strengths: large and diverse sample, included large Native American population
- Weaknesses: self-reported menopause stage and symptoms
- Women with more **concurrent** symptoms, **tend to have significantly impacted quality of life. More concurrent symptoms are statically significant among minority groups.**
- Our findings align with the SWAN study **findings that demonstrated diversity in menopause symptom experiences among different racial/ethnic groups.**
- Our findings may help aid in menopause diagnosis through symptom screening and guide healthcare providers in tailored questioning.
- Improved awareness via patient, provider and community education could contribute to helping women feel more **supported and seeking and receiving appropriate treatments when indicated.**

References

- 1) Thurston RC, Blumenthal JA, Babyak MA, Sherwood A. Association between hot flashes, sleep complaints, and psychological functioning among healthy menopausal women. Int J Behav Med. 2006;13(2):163-72. PMID: 16712434
- 2) Independent Attitude and Usage study funded by Kenvue Inc.
- 3) King, J. M., MacLaughlin, K. L., Schatz, P. F., Marr, K., Hilsca, K. S., & Faubion, S. S. (2019). Menopause management knowledge in postgraduate family medicine, internal medicine, and obstetrics and gynecology residents: A cross-sectional survey. Mayo Clinic Proceedings, 94(2), 242-253.
- 4) Jacqueline E. Lewis, John R. Hilditch, Cindy J. Wong. Further psychometric property development of the Menopause-Specific Quality of Life questionnaire and development of a modified version, MENQOL-intervention questionnaire, Maturitas, Volume 50, Issue 3, 2005, Pages 209-221, ISSN 0378-5122.

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