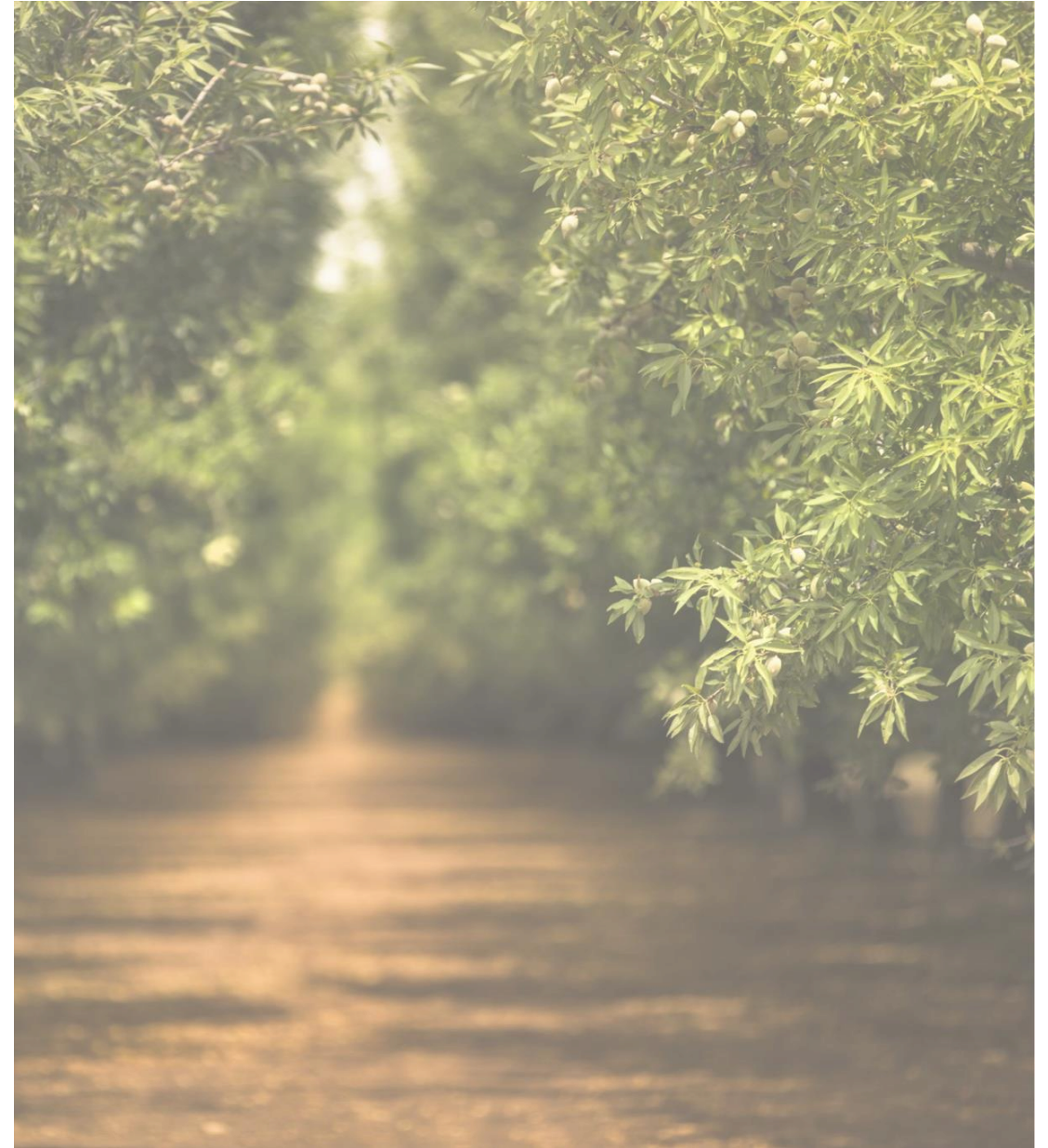


Menopause - Does Ethnicity Matter?

EMWWH Conference
Health Inequalities
24.09.2022

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Declarations of interest / disclaimer

- NHS - Consultant Gynaecologist
Childbirth trauma / UroGynaecology / Menopause
- BMS Menopause Specialist / Trainer
- Member of BSLM / Advocate of LM
- Clinical Director Infiniti Healthcare Ltd



Plan

- Background facts
- Impact
- Does ethnicity matter?
- The future



Background facts

What is Menopause?

Menopause is a normal, natural event, defined as the final menstrual period (FMP), **confirmed after 1 year of no menstrual bleeding**

Loss of ovarian function due to aging

End of periods due to ovarian failure

When does it happen?

Naturally (spontaneously)

Prematurely from medical intervention (eg, bilateral oophorectomy, chemotherapy)

At any time from impaired ovarian function

Impact

A woman's relationship with the menopause is complicated

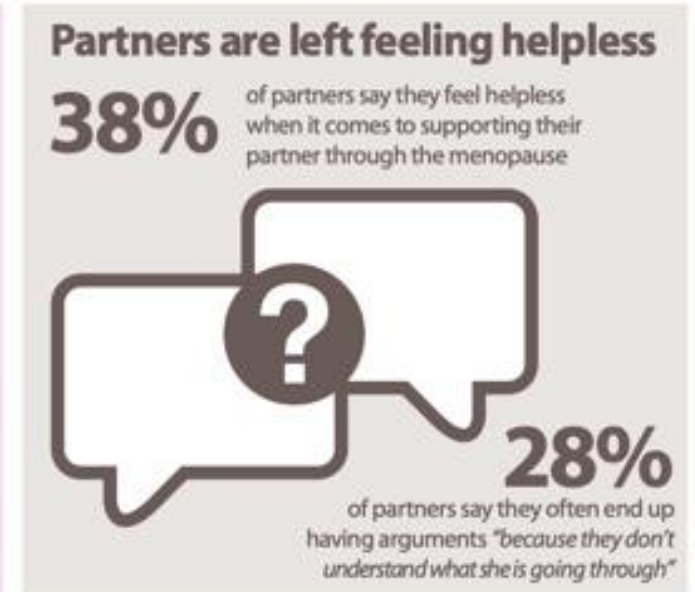
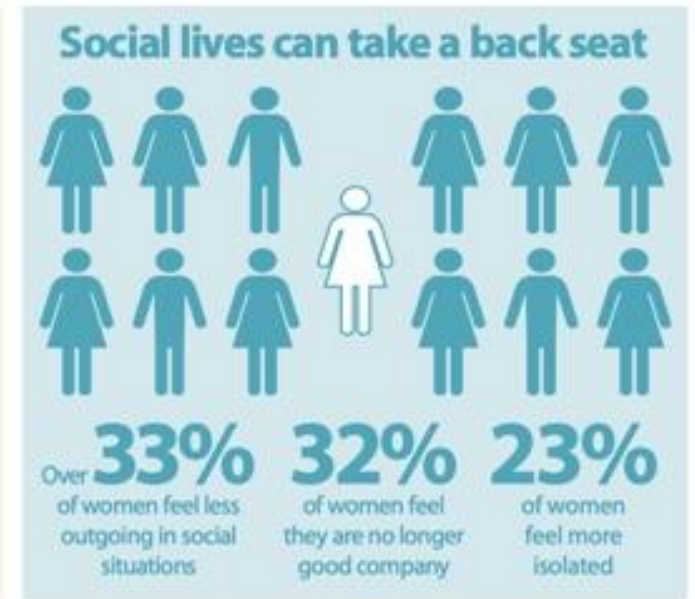
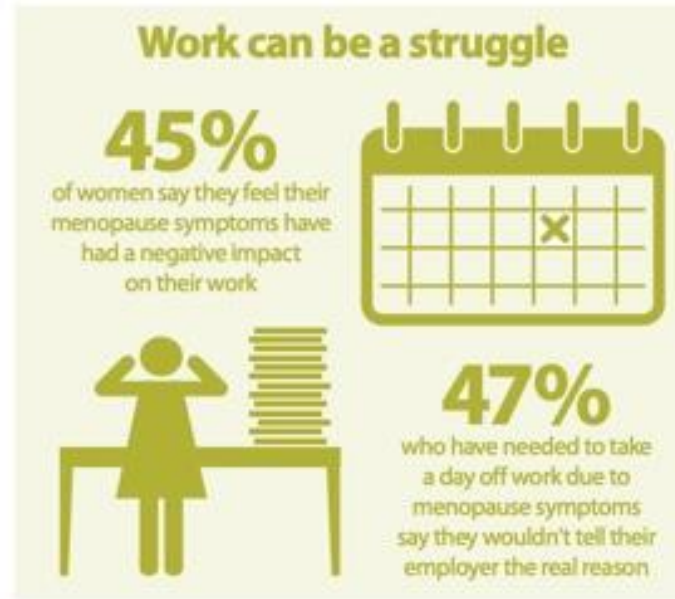
Online interviews

1,000 adults in the UK (698 women and 302 men)

Aged 45+ and either peri-menopausal, menopausal or post-menopausal

Partners of those who are in a relationship with a woman who is either peri-menopausal, menopausal or post-menopausal,

nationally representative of the online population in terms of regional spread.



National survey The results - 2016



50%

of women aged 45-65 who have experienced the menopause in the past 10 years, had not consulted a healthcare professional about their menopause symptoms.



Despite women reporting on average seven symptoms and 42% feeling their menopause symptoms were worse or much worse than they suspected.



50% of women said their menopause symptoms had impacted their home life.

Many experienced symptoms they did not expect, including:

22%

unexpected sleeping problems/insomnia

20%

difficulty with memory/concentration

18%

experienced unexpected achy joints

More than a third

said their menopause had impacted their work life.

79%

of women surveyed experienced hot flushes and

70%

experienced night sweats



36%

women said their menopause symptoms impacted their social life



50%

reported their menopause symptoms impacted their sex life



Department
for Education

The effects of menopause transition on women's economic participation in the UK

Research report

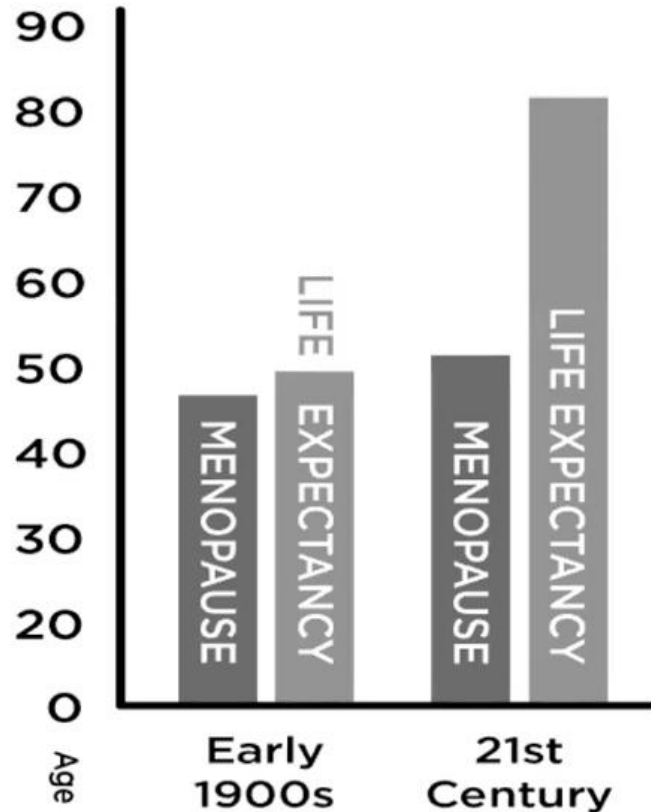
July 2017

Joanna Brewis, Vanessa Beck, Andrea Davies and Jesse Matheson – University of Leicester



Menopause support at work: why it's so crucial now

by [Prof Jo Brewis](#) on [September 13, 2021](#)



- Survey of 3914
- **29.5%** said **insomnia** made their working lives problematic
- **31.9%** identified **anxiety and worry**
- Just over **34%** said **focus and concentration**
- **Hot flushes** were mentioned as difficult by **35.1%**.
- **Fatigue** was the biggest issue, for over **40%** of our respondents.



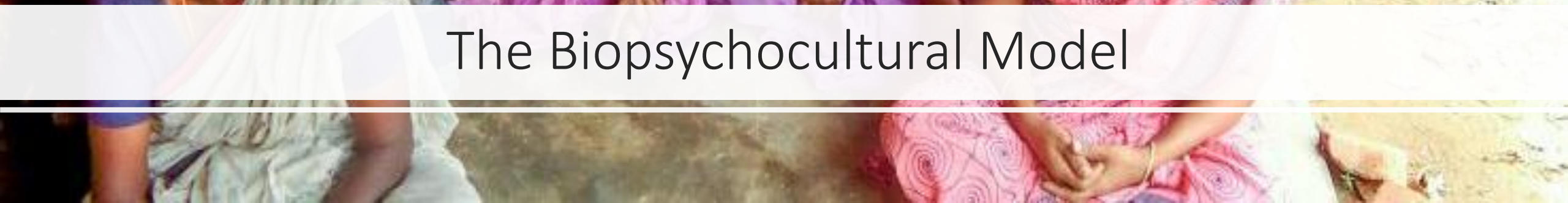
*Menopause -
Does Ethnicity
Matter ?*



Medical Biological Model



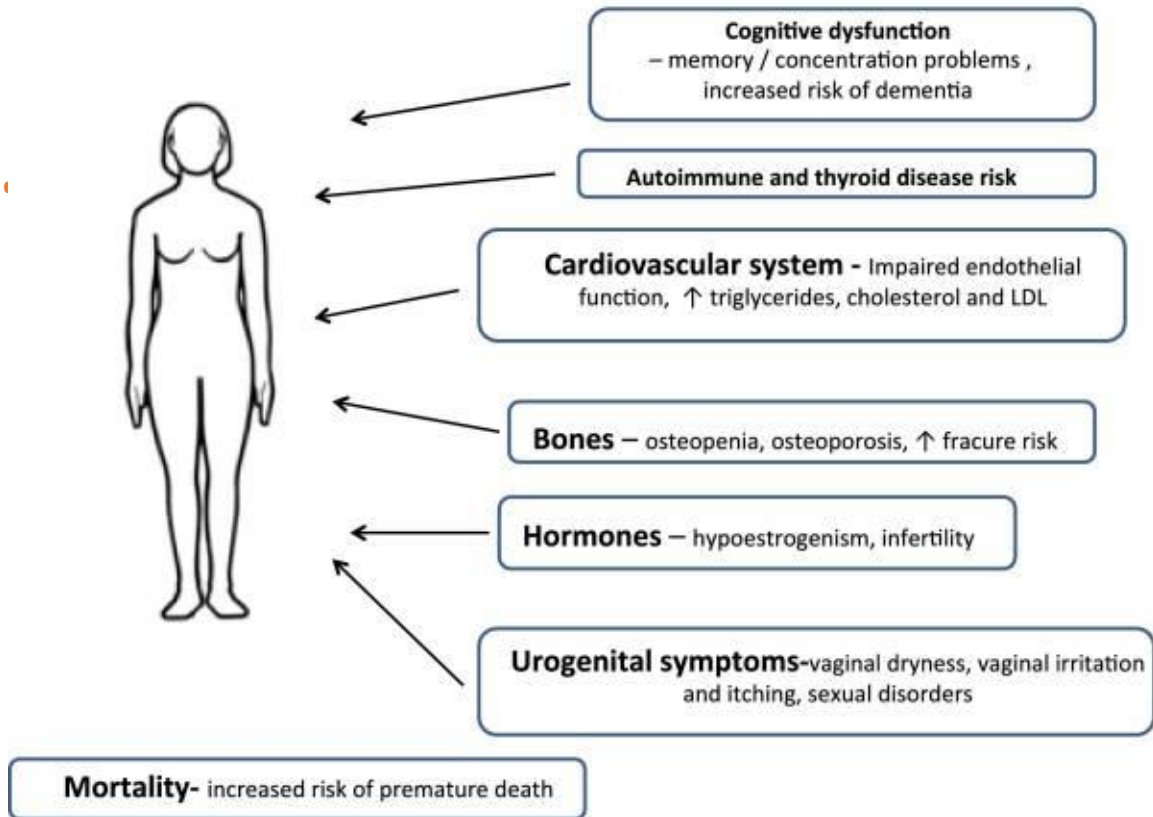
The Biopsychocultural Model



The Stages of Reproductive Aging +10 staging system for reproductive aging in women

	Menarche					FMP (0)				
Stage	-5	-4	-3b	-3a	-2	-1	+1a	+1b	+1c	+2
Terminology	REPRODUCTIVE				MENOPAUSAL TRANSITION		POSTMENOPAUSE			
	Early	Peak	Late		Early	Late	Early			Late
					<i>Perimenopause</i>					
Duration	<i>variable</i>				<i>variable</i>	1-3 years	2 years (1+1)	3-6 years	<i>Remaining lifespan</i>	
PRINCIPAL CRITERIA										
Menstrual Cycle	Variable to regular	Regular	Regular	Subtle changes in Flow/ Length	Variable Length Persistent ≥ 7 - day difference in length of consecutive cycles	Interval of amenorrhea of ≥ 60 days				
SUPPORTIVE CRITERIA										
<i>Endocrine</i> FSH AMH Inhibin B			Low Low	Variable* Low Low	↑Variable* Low Low	↑ >25 IU/L** Low Low	↑ Variable Low Low	Stabilizes Very Low Very Low		
<i>Antral Follicle Count</i>			Low	Low	Low	Low	Very Low	Very Low		
DESCRIPTIVE CHARACTERISTICS										
Symptoms						Vasomotor symptoms <i>Likely</i>	Vasomotor symptoms <i>Most Likely</i>			<i>Increasing symptoms of urogenital atrophy</i>
*Blood draw on cycle days 2-5. ↑ = elevated										
**Approximate expected level based on assays using current international pituitary standard										
Harlow et al. <i>STRAW+10 Staging Reproductive Aging Climacteric</i> . Fertil Steril, JCEM, Menopause 2012										

Why is this important?



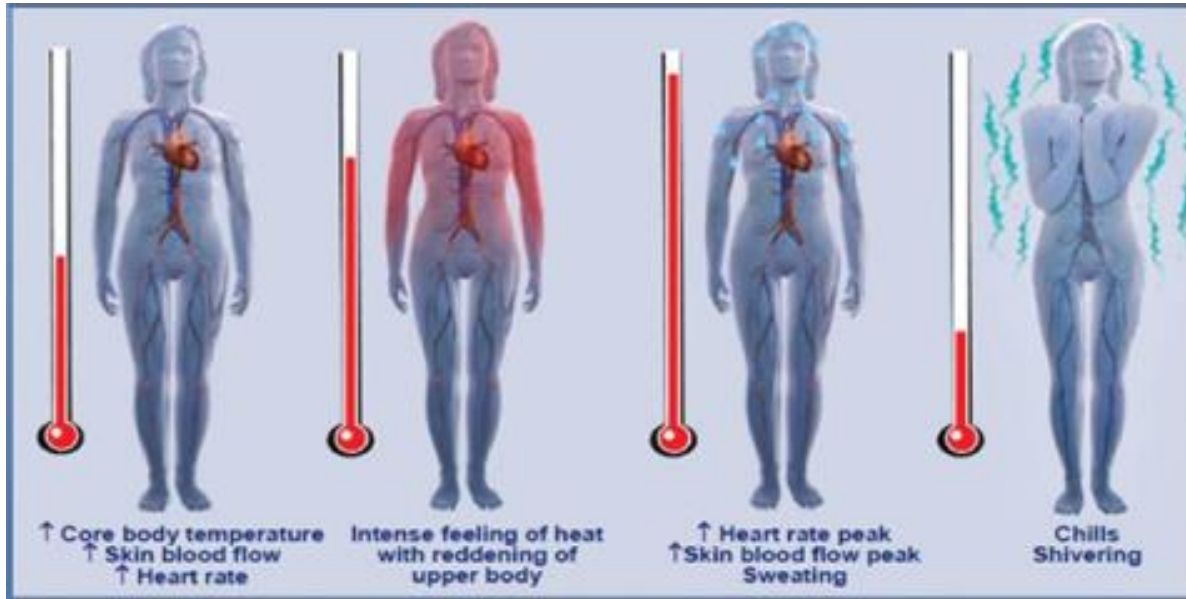
Later onset of menopause

- Longer survival and greater life expectancy and reduced all-cause mortality.
- Reduced risk of CVD, loss of bone density

BUT increased risk of breast, endometrial and ovarian cancer .

Stress, Diet, Access to Healthcare, Language barriers, Society

Symptom differences – Vasomotor



- Japanese – Hot Flashes low
Psychological high
Shoulder stiffness highest
- African American / Hispanic
White
Chinese and Japanese

↑
SWAN



- Japanese women Japan
 Japanese women USA
- Indian women – New Delhi Low
 Indian women – New Delhi – UK High

Culture and Migration

Psychological differences

- The experience of menopause is affected by **personal challenges** and changes in personal roles within the family and society
- The **sociocultural background** affects the positive or negative way in which a woman approaches the changes during the menopause
- Women who have **negative attitudes** towards menopause and/or ageing are more likely to report a greater number and frequency of menopausal symptoms – Adegoke et al





Sin El-Yees = Age of Despair



Mayan & Shamanic women = freedom

MENPAUSIS

Men = month
Pausis = cease

MENOPAUSE



**Maori = Spiritual leaders,
Wise woman,
Grandmother syndrome**

KONENKI

Ko = renewal and regeneration,
nen= years
ki = season / energy



Raising public awareness campaigns & driving change



Professional awareness campaigns & education

- IMS IMPART online learning for health care professionals
- Confidence in the menopause
<https://www.themenopausecharity.org/training/>
- Wales Menopause Network – Group of grass roots professionals in Wales
- Research – Ethnic Minority



All Wales Menopause Conference 2022
Saturday 8th October - International Convention Centre, Newport

Morning Programme

Time	Title	Speaker
08:30-09:00	Registration and Refreshments/Stand	
Session 1, chaired by Dr Helen Munro		
09:00-09:15	Welcome and Opening Remarks	Dr Helen Munro
09:15-09:35	The Women's Health Plan for Wales	Eluned Morgan MS, Minister for Health and Social Services
09:35-09:55	'Menopause' a Government priority	Jenny Rathbone MS, Chair Cross-party Group Women's Health
09:55-10:20	Menopause Champions, FTWW: Fair Treatment of the Women of Wales	Lisa Nicholls and Lara Morris
10:20-10:45	Menopause in the Workplace	Rhiarydd Williams, TUC Cymru and Helen Burton, Unison
10:45-11:00	Refreshments/Stand	
Session 2, chaired by Dr Jayne Forrester-Paton		
11:00-11:30	PMDD A Patient story	Dr Michelle Oliver and Jennie Papham
11:30-12:00	HRT A Patient story	Dr Helen Bayliss and Tracey Bowen
12:00-12:30	Ask the Expert	With 'The Lowdown' and Dr Nadia Wikary

Afternoon Programme

Time	Title	Speaker
12:30-1:30	Lunch/Stand	
Theramex sponsored symposium		
Session 3, chaired by Dr Bihari Attili		
13:30-13:50	BMS update	Dr Haltham Hamoda
13:50-14:10	Premature Ovarian Insufficiency	Dr Hannah Short
14:10-14:30	HRT after Cancer	Dr Sean Watermeyer
14:30-14:50	Menopause and Mental Health	Debra Holloway RCN
14:50-15:10	Q+A	Panel
15:10-15:30	Refreshments/Stand	
Session 4, chaired by Dr Nigel Davies		
15:30-15:50	Unscheduled Bleeding on HRT- Practical Cases in Primary Care	Dr Kirstyn Manley
15:50-16:10	Urogenital Health	Dr Jane Clarke-Williams
16:10-16:30	Osteoporosis and the Menopause	Dr Jane Turton
16:30-16:50	Q+A	Panel
16:50-17:00	Closing Remarks and Thanks	Dr Helen Munro

Optimal pathways

- Holistic approach to health
- Mind Body Spirit medicine
- Lifestyle medicine
- Society , Culture & Values
- Experience & Barriers



<https://www.youtube.com/watch?v=hqOBfgGwg1Y>



WHEN ALL COMES TO PAUSE:

CHANGES ARE INEVITABLE
CHALLENGES ARE REAL

CARE IS COMFORTING
SELF-COMPASSION IS CRUCIAL

CREATE **YOUR** FUTURE
CELEBRATE YOUR LIFE

NADIA Z HIKARY-BHAL

Quotes Creator





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