Menopause - Does Ethnicity Matter?

EMWWH Conference
Health Inequalities
24.09.2022

Mrs Nadia Z Hikary-Bhal
MBChB, MRCOG, DipMedEd, PGC-USS, FHEA, FLSW
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.

### When does it happen?

- **Naturally** (spontaneously)
  - End of periods due to ovarian failure
  - At any time from impaired ovarian function
- **Prematurely** from medical intervention (eg, bilateral oophorectomy, chemotherapy)
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.

Mrs Nadia Z Hikary-Bhal
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.

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

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

Mrs Nadia Z Hikary-Bhal
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

<table>
<thead>
<tr>
<th>Stage</th>
<th>-5</th>
<th>-4</th>
<th>-3b</th>
<th>-3a</th>
<th>-2</th>
<th>-1</th>
<th>+1a</th>
<th>+1b</th>
<th>+1c</th>
<th>+2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Terminology</td>
<td>REPRODUCTIVE</td>
<td>MENOPAUSAL TRANSITION</td>
<td>POSTMENOPAUSE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Early</td>
<td>Peak</td>
<td>Late</td>
<td>Early</td>
<td>Late</td>
<td>Early</td>
<td>Late</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Duration</td>
<td>variable</td>
<td>variable</td>
<td>1-3 years</td>
<td>2 years (1+1)</td>
<td>3-6 years</td>
<td>Remaining lifespan</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PRINCIPAL CRITERIA**

| Menstrual Cycle | Variable to 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**

<table>
<thead>
<tr>
<th>Endocrine</th>
<th>FSH</th>
<th>AMH</th>
<th>Inhibin B</th>
<th>Antral Follicle Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>Low</td>
<td>Low</td>
<td>Low</td>
<td>Low</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Variable*</th>
<th>Variable*</th>
</tr>
</thead>
<tbody>
<tr>
<td>↑Variable*</td>
<td>↑Variable*</td>
</tr>
<tr>
<td>↑ &gt;25 IU/L**</td>
<td>↑ Variable</td>
</tr>
<tr>
<td>Low</td>
<td>Low</td>
</tr>
<tr>
<td>Low</td>
<td>Low</td>
</tr>
<tr>
<td>Stabilizes Very Low</td>
<td>Very Low</td>
</tr>
</tbody>
</table>

**DESCRIPTIVE CHARACTERISTICS**

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Vasomotor symptoms</th>
<th>Vasomotor symptoms</th>
<th>Increasing symptoms of urogenital atrophy</th>
</tr>
</thead>
</table>

*Blood draw on cycle days 2-5. ↑ = elevated
**Approximate expected level based on assays using current international pituitary standard

Harlow et al. STRAW +10 Staging Reproductive Aging Climacteric, Fertil Steril, JCEM, Menopause 2012
ANM = Age of onset of Natural Menopause

- Western countries is between 48 – 52
- Developing countries 47 - 49
- Premature Ovarian Insufficiency < 40 is 1%
- ISEC – Indian women 4% 29 -34
  8% 35 -40

<table>
<thead>
<tr>
<th>Region</th>
<th>Average Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Latin America</td>
<td>47.2</td>
</tr>
<tr>
<td>Middle East</td>
<td>47.4</td>
</tr>
<tr>
<td>Africa</td>
<td>48.4</td>
</tr>
<tr>
<td>Asia</td>
<td>48.8</td>
</tr>
<tr>
<td>USA</td>
<td>49.1</td>
</tr>
<tr>
<td>Europe</td>
<td>50.5</td>
</tr>
<tr>
<td>Australia</td>
<td>51</td>
</tr>
</tbody>
</table>

Schoenaker et al Socioeconomic position, lifestyle factors and age at natural menopause: a systematic review and meta-analyses of studies across six continents. Int J Epidemiol 2014
Institute for Social and Economic Change - India
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 Flushes low
  Psychological high
  Shoulder stiffness highest

- African American / Hispanic
  White
  Chinese and Japanese

SWAN a large-scale, robust, longitudinal project – the Study of Women’s Health Across the Nation (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

**MENPAUSIS**
Men = month
Pausis = cease

**MENOPAUSE**

Mayan & Shamanic women = freedom

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

Maori = Spiritual leaders,
Wise woman,
Grandmother syndrome
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
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
Website www.infinitihealthcare.com

info@infinitihealthcare.com

Instagram @thegynaedoctos

Twitter @infinitihealthc

Facebook Infiniti Healthcare