P1-21: Effects of the Women's Health Initiative on Hormone Therapy Use in African American Women

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Abstract:

Introduction: In 2003, an estimated 30 million women in the United States were either going through the process of menopause or had already completed it. An anticipated 25 million more women will reach menopause over the next decade, doubling the number of women over age 50 by the year 2020. Up to eighty-five percent of women over age 45 experience hot flashes, night sweats, and urogenital atrophy and these symptoms persist far longer than previously believed, with a mean duration of menopausal symptoms of 5.2 ±3.8 years. Hormone therapy (HT) remains the most effective treatment for vasomotor symptoms and urogenital atrophy; however usage has dropped precipitously since results from the Women’s Health Initiative (WHI) were published in 2002. Several studies have reported higher rates of vasomotor symptoms in African American women yet there is a dearth of published on data on the effects of WHI on HT use in minority populations.
Method(s): A systematic chart review was conducted of all patient records in an OB-GYN practice in northeast Florida of women who were born in or prior to 1954 with a scheduled visit to the practice between July, 2002 and January, 2004. Data were collected about patient demographics; past medical history and medication history; as well as past and current HT use. A total of 1,783 charts were reviewed. Of these, 1,085 charts had data for changes in HT use post WHI in patients self-identified by race and therefore were included in the study. Data were analyzed using descriptive statistics and Spearman's correlations.

Results: The sample characteristics included 14.4% African American and 85.6% Caucasian women. While African American women reported higher rates of vasomotor symptoms such as hot flashes and night sweats, they were less likely than Caucasians to remain on HT post WHI in this study.

Discussion & Conclusions: The association between race and troubling vasomotor symptoms during menopause is increasingly the focus of research. This study explored the possible differences in menopausal treatments in African American and Caucasian women. More investigations including significant numbers of minority women are needed to address a wide gap in current menopausal research.

Abstract History: This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

Financial Disclosure: No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

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