

# HORMONAL VS NON-HORMONAL THERAPY PREFERENCE IN POSTMENOPAUSAL WOMEN WHO ATTEND A COMMUNITY HOSPITAL

Xayisnalie Martinez, MD ; Jeyka Marin, MD ; Erika Benabe, MD, FACOG ; Yurizam Ramirez, MD, FACOG  
Department of Obstetrics and Gynecology, San Juan City Hospital, San Juan, Puerto Rico

## Introduction:

Menopause is defined as the final menstrual period resulting from the physiologic permanent decline in gonadal hormone levels confirmed by 12 months of amenorrhea in women with a uterus. This decline in hormones issues a wide range of vasomotor and vaginal symptoms which result troublesome and may negatively impact women quality of life.

Vaginal and vasomotor symptoms are the most often reported complaints among postmenopausal women in the US. Several hormonal and non-hormonal approaches are used to treat symptoms. Observational research suggests that race and ethnicity are essential factors to consider when evaluating vasomotor symptoms.

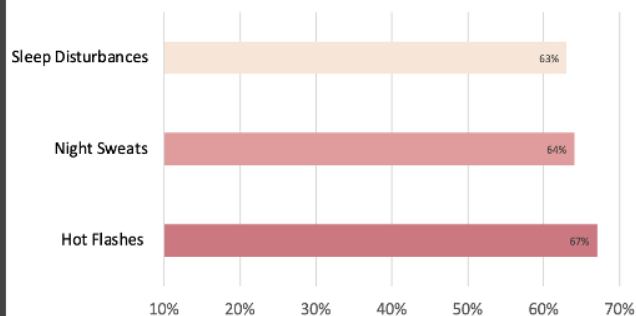
## Aim:

We aim to identify the most prevalent postmenopausal symptom reported by Hispanic women in Puerto Rico (PR) and the main treatment option preferred by patients for symptom control.

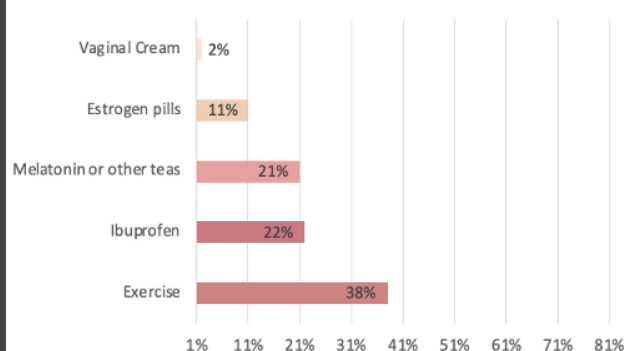
## Methodology

- Postmenopausal, Hispanic women, between the ages of 51-59 years old, living in Puerto Rico (n=84).
- Previously validated survey by 10 participants during phase 1 was utilized.
- Survey Monkey self administered questionnaire about postmenopausal symptoms and preferred method for symptomatology management was completed by patients during phase 2.
- Descriptive statistics were performed for data analysis.

## Most common reported symptoms



## Preferred treatment by postmenopausal women



**Contact information:** Xayisnalie Martínez  
**Email:** [xayisnaliemr@sanjuanbautista.edu](mailto:xayisnaliemr@sanjuanbautista.edu)  
**IRB Approval number:** 00002788

## Results

- The survey was completed by 84 participants.
- Hot flashes (67%), night sweats (64%), and sleep disturbances (63%), which were the most common postmenopausal symptoms reported in our sample. (Graph 1)
- The most preferred approach of symptomatic relief was exercise (38%) followed by melatonin or other teas (21%) and ibuprofen (22%), (Graph 2).
- Regardless of symptomatology, (27%) reported not utilizing any type of treatment.
- Among the treatment options, non hormonal approaches were favored over hormonal treatments by our population. Where hormonal creams and pills were used by only 2% and 11% respectively.

## Conclusion

- Hot flashes were our population's most prevalent presenting symptom.
- Exercise was the preferred non-hormonal treatment option for symptomatology control among Hispanic postmenopausal women residing in PR.
- Household income and patient education may have an influence on these findings.
- Due to a small sample size, a larger scale investigation should be conducted.

## References:

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