

南台灣單一醫學中心婦女停經症狀盛行率及不同荷爾蒙替代療法的偏愛率
Prevalence of post-menopausal symptoms and preference of hormone replacement
regimen in a single hospital of southern Taiwan

林毅倫¹ 蔡永杰¹ 鍾明廷¹
永康奇美醫院¹

Background:

The average life span of Taiwanese woman is 83.6 year old in 2019. When compared to the menopausal age at around 49-51 year old, Taiwanese women spent more than 30 years in post menopause period. Menopause is well known to induce many physical, psychological and emotional symptoms. Some of these symptoms are so severe that even can jeopardize one's daily life. Fortunately, Hormone Replacement Therapy (HRT) have been proved to be effective in eliminating climacteric symptoms and improving the quality of life. In this study, we try to investigate whether the symptoms of menopause and the preference of HRT regimen might be different due to the difference in Ethnic.

Study question:

What are the most common complaints after menopause and which is the most preferred HRT regimen in Taiwanese women.

Materials, Setting, Methods:

This is a retrospective data analysis. From 2019 January 1st to 2020 December 15th, 235 patients with menopausal symptoms and received HRT were included in this study. Type of patient's complaint and choices of patient's HRT regimen were recorded and analyzed.

Result:

According to our data from 2019 to 2020, the medium menopausal age of Taiwanese women was 49.8 years old, and the mean age of their starting HRT was 53.4 years old. The top 5 most common complaints from post-menopausal women in our center were insomnia (103/235, 43.8%) followed by hot flush (93/235, 39.5%), vaginal discomfort (91/235, 38.7%), general malaise (77/235, 32.7%) and emotional change (40/235, 17%)(Fig.1). The most favorite choices of HRT regimen is Livial (44/235, 18.7%) followed by premarin vaginal cream(42/235, 17.8%), transdermal estrogen+ oral progesterone (34/235, 14.4%), oral estrogen+ oral progesterone (24/235, 10.2%), transdermal estrogen+ vaginal progesterone(23/235, 9.7%), Femoston(21/235, 8.93%) and black cohosh(20/235, 8.5%) in sequence(Fig.2).

Discussion:

In contrast to African Americans whose vasomotor symptom is the most complaint

(80%) in menopausal woman. Insomnia (43.8%) is the most common complaint in Taiwanese women followed by hot flush (39.5%). The possible explanations could be difference in body mass index (BMI) or life style such as exercise, smoking, diet habit between East and West^{1,2}. Transdermal route of estrogen with/without progesterone was recommended as first choice for woman looking for HRT due to the benefit from first pass effect.^{3,4,5} In our data, most Taiwanese women preferred oral route instead of transdermal route of administration (75% vs 25%). This could be explained by the humidity and hot weather in southern Taiwan which reduced patients' wellness to take trans-dermal form of estrogen. In addition, we noticed women in the group of vaginal cream only has higher average age of starting HRT about 59.3 y/o compare to other type of treatment whose average age is only 51.7 y/o. We believed as women getting older and even they no longer need systemic HRT, they still need the vagina estrogen to relieve them from the discomfort of vagina atrophy⁶. Finally, there were 9% of women in this study that preferred non-traditional HRT such as black cohosh(9%) instead of traditional HRT.