

Información es Poder (Information is Power): Menopause Knowledge, Attitudes, and Experiences in Midlife Latinas

Yamnia I. Cortés,¹ Andrea Cazales,² Mayra Duran,³ Lorena Trocel²

¹College of Nursing, University of Iowa; ²School of Nursing, University of North Carolina Chapel Hill;

³Department of Family Medicine, Charles R. Drew University of Medicine and Science

IOWA

NURSING



Introduction

- Latinas constitute nearly 20% of midlife women in the United States (U.S.) but are underrepresented in menopause research.
- Latinas experience more vasomotor symptoms, depressive symptoms, sleep disturbances, and have a more adverse cardiometabolic risk profile during the menopause transition (MT).^{1,2}
- Studies suggest Latinas have more positive attitudes towards menopause,³ but increased anxiety and lack of knowledge related to the MT.⁴
- Lack of culturally-relevant education on menopause in Spanish, the second most common language spoken by U.S. residents.
- To provide Latinas with culturally-relevant menopause education and clinical care, it is necessary to have deeper insight into their knowledge and experience of menopause.
- Objective:** To understand knowledge, attitudes, and experiences of the MT among midlife Latinas.

Methods

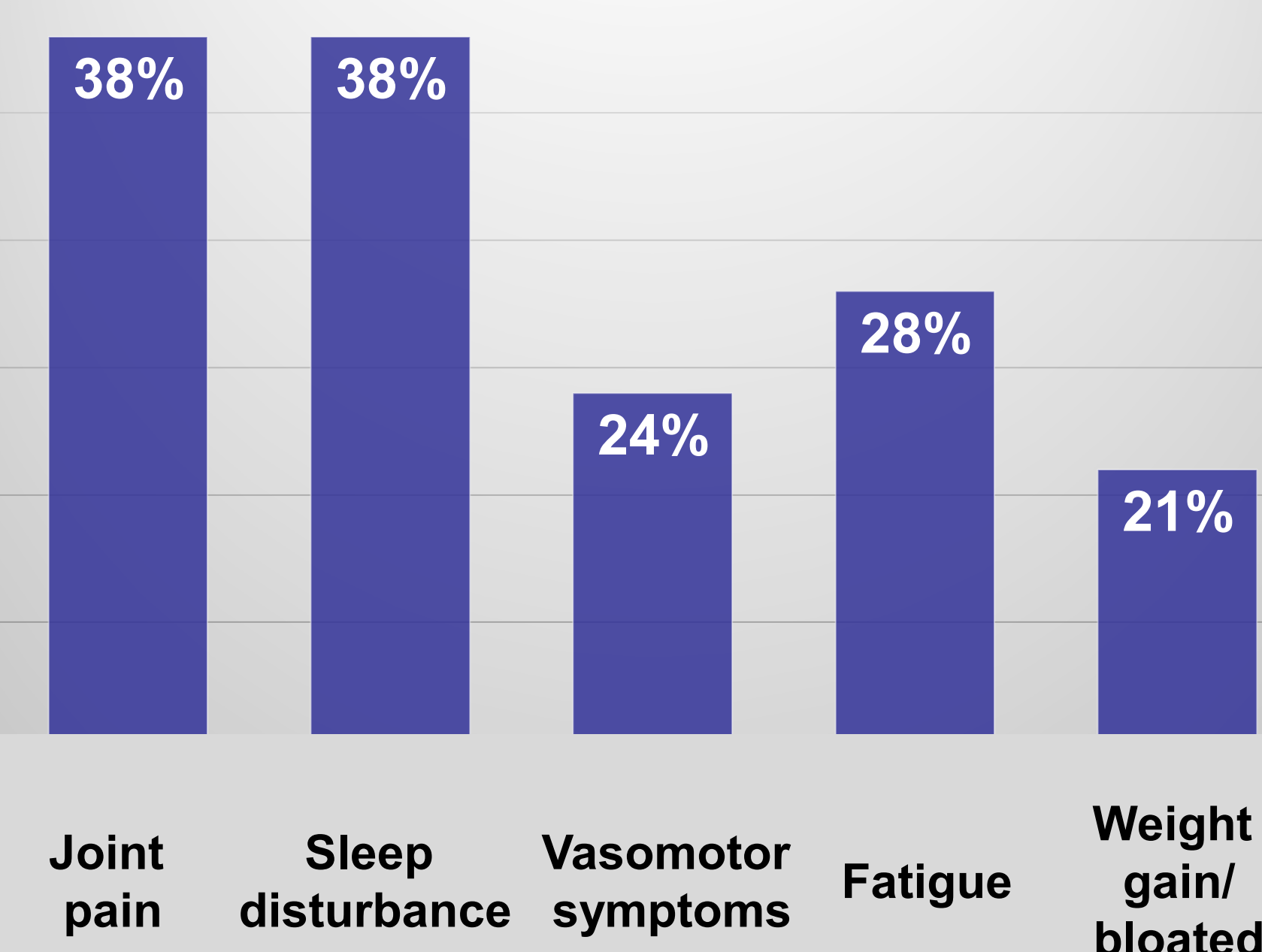
- Design:** Qualitative descriptive study to explore how participants perceive MT.
- Participants:** 29 Spanish-speaking Latinas aged 40-60 years.
- Surveys:** Demographics, menopause symptoms, attitudes toward menopause and hormone therapy collected over the phone.
- Focus Groups:** Five groups lasting 90 minutes via Zoom conducted in Spanish.
 - Semi-structured interview guide.
 - Bilingual research assistant, community health worker, and notetaker.
 - Transcribed and analyzed in Spanish.
 - Emergent content analysis by 4 bilingual coders.

Results

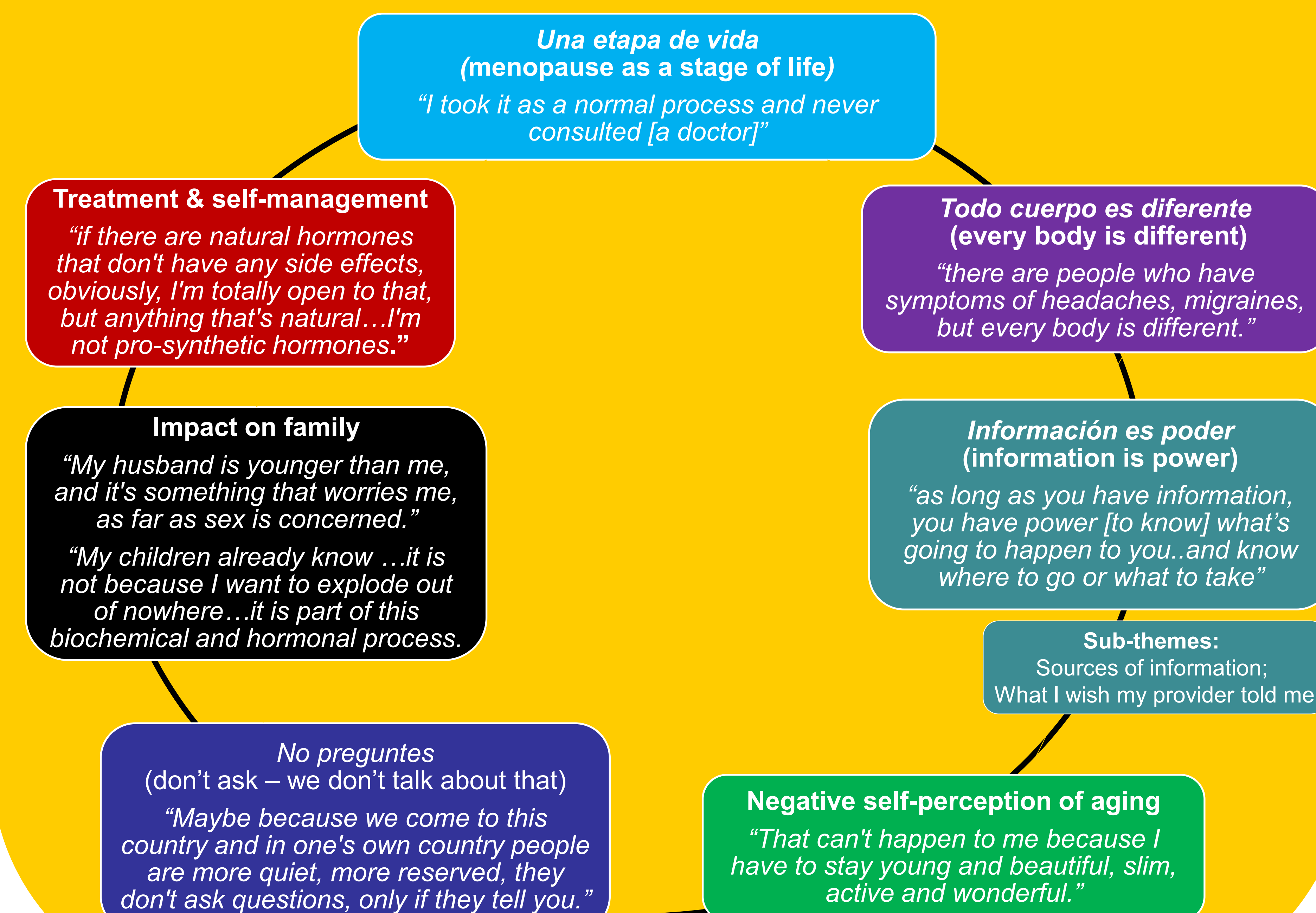
Participant Characteristics

- Mean age 50.3 ± 6.3 years
- 62% identified as Mexican
- Menopausal stage
 - 14% premenopausal
 - 41% perimenopausal
 - 45% postmenopausal
- 79% viewed menopause positively
- 59% viewed hormone therapy negatively
- 55% reported having "little knowledge" about menopause

Top 5 Bothering Symptoms in Past Two Weeks



Emergent Themes and Descriptive Quotes



Conclusions

- Need for comprehensive menopause education among Latinas.
- Confusion surrounding definition, symptoms, and treatment options.
- Though Latinas viewed menopause as a normal process that differs from person to person, they are confused about what is considered "normal."
- Latinas prefer to receive anticipatory guidance from health providers as soon as possible.
- The importance of involving family members in menopause education efforts was also revealed.

Limitations & Next Steps

- Study limited by single geographic location.
- Conduct and compare focus groups in different locations with multiple Latino subgroups.
- Determine the best menopause messaging strategies and educational formats for midlife Latinas.
 - Brochures, group sessions, coaching?
 - In-person or virtual platform?
 - Ideal length and duration

Acknowledgements

This study was funded by the UNC-Chapel Hill's Center for Health Promotion and Disease Prevention

References

- Im, E.O., et al., Menopausal symptom experience of Hispanic midlife women in the United States. *Health Care Women Int*, 2009; 30(10): 919-34.
- Green, R., et al., The relationship between psychosocial status, acculturation and country of origin in mid-life Hispanic women: SWAN. *Climacteric*, 2010; 13(6): 534-43.
- Villarruel AM, Harlow SD, Lopez M, Sowers M. El cambio de vida: Conceptualizations of menopause and midlife among urban Latina women. *Research and Theory for Nursing Practice* 2002;16(2):91-102.
- Reame NK, Altemus M, Cortés Y, Jaime-Lara R. Perimenopause joint pain in urban Hispanic women: A qualitative study. *Nursing Research* 2013;62(2):E1-E118.

