

Perimenopausal and Menopausal Women’s Attitudes Toward Estrogen Administration: The Greek Case.

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Purpose

As Europe’s population ages more and more women will spend an increasingly large part of their lives in menopause. Estrogen replacement during menopause is associated to avoidance of significant health risks and reduction of menopausal symptoms. At the same time, there is an established perception among many women that estrogen administration will cause additional health issues rather than simply treating menopausal symptoms. The purpose of this research is to record the attitude of perimenopausal, menopausal and postmenopausal Greek women toward hormone replacement during menopause.

Methodology

To conduct our research, we created a questionnaire based on published literature. All scales were 5-point Likert and in all of them the highest score corresponded to the highest level of agreement with the statements. We used EU Survey platform as an online tool for our research and collaborated with the Hellenic Menopause Society for questionnaire distribution.

Results

- ✓ A total of 187 questionnaires were collected, from 5 to 30 May 2024. From the analysis of the questionnaires, it was found that >> two groups were formed: those who were in favor and those who were opposed to the use of estrogens.
- ✓ In the overall population of our research, the lowest score of 1.60 was recorded in the statement “I use estrogen substitution” and the highest score of 3.56 was for “I believe that estrogen is generally responsible for cancers.
- ✓ It makes an impression that the two groups are nearly tied in two factors “Phytoestrogens are very important for dealing with menopause” with 3.35 to those opposed and with 3.48 to supporters and “I believe that estrogen is generally responsible for cancers” with 3.67 and 3.47 respectively.

Respondents’ characteristics (n=187)		
State of menopause	Perimenopause	86 (46.7%)
	Menopause – Postmenopause	98 (53.3%)
Age	<=40	1 (0.5%)
	41-45	9 (4.8%)
	46-50	55 (34.7%)
	51-55	83 (44.4%)
	56-60	25 (13.3%)
	61-65	1 (0.5%)
	>=66	2 (1%)
Children	Yes	146 (78.1%)
	No	41 (21.9%)
Civil Status	Single	17 (9.1%)
	Married	130 (69.5%)
	In relationship	10 (5.3%)
	Separated / Divorced	25 (13.4%)
	Widow	5 (2.7%)
Suffering from any other, than menopause, condition	Yes	103 (55.7%)
	No	82 (44.3%)
Educational Level	Secondary school	33 (17.7%)
	University	66 (35.3%)
	Master	44 (23.5%)
	PhD	8 (4.3%)
	Other	36 (19.3%)
Occupation	Government sector	48 (25.7%)
	Private sector	66 (35.3%)
	Self-employed	41 (21.9%)
	Unemployed	11 (5.9%)
	Retired	6 (3.2%)
	Other	15 (8.0%)
Monthly Income (€)	< 500	8 (4.3%)
	501-1000	39 (20.9%)
	1001-1500	38 (20.3%)
	1501-2000	35 (18.7%)
	2001-2500	25 (13.4%)
	>.2501	42 (22.5%)

Items	Mean	95% Confidence Interval of the Difference		Final Clusters Centers	
		Lower	Upper	Not in favor of estrogen Opposed	In favor of estrogen Supporters
I would never use estrogens substitution	3,45	3,26	3,65	4,57	2,54
I have been advised not to use estrogen substitution	3,33	3,14	3,51	3,88	2,87
I have used estrogens in the past	2,07	1,87	2,27	1,46	2,56
I do not have an opinion on estrogen uptake/substitution	2,59	2,42	2,77	2,42	2,74
I would use them	2,53	2,35	2,72	1,61	3,29
I chose not to use them	3,31	3,10	3,52	4,26	2,53
I would use them if my doctor recommended them	3,35	3,17	3,54	2,71	3,87
I use estrogen substitution	1,60	1,46	1,75	1,18	1,95
Phytoestrogens are very important for dealing with menopause	3,42	3,30	3,53	3,35	3,48
I believe that estrogens are generally responsible for cancers	3,56	3,43	3,68	3,67	3,47
Pharmaceutical estrogens are important in the treatment of menopause	3,35	3,21	3,50	3,18	3,50
I believe that the administration of pharmaceutical estrogens helps to cope with menopause	3,32	3,18	3,47	3,10	3,50

Conclusion

In general, Greek women hold ambiguous opinions about estrogen administration during menopause and more research should be conducted to get a clearer picture of what they believe and why.

References

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