BURDEN OF DISEASE IN PATIENTS WITH MENOPAUSE IN BRAZIL: RESULTS FROM 2011 NATIONAL HEALTH AND WELLNESS SURVEY (NHWS)

Introduction
Brazil is said to be the fifth most populous nation worldwide, with slightly more than one-half of Brazilian adults being women. Outcome estimates that the total population will continue to grow at a rate of 1.134% annually. According to a National Survey by Household Sampling (PNAD – 2009), the elderly population is growing at nearly triple the rate of Brazil’s overall population. The shift in the average age of the Brazilian population is due to a combination of factors: a drop in the annual number of births and various advances in medicines that help Brazilians live longer. The International Menopause Society (IMSociety) states that most women become menopausal between the ages of 45 and 55 years, with the average age of onset close to 50 years. According to the Brazilian Institute of Geography and Statistics, almost 25% of the Brazilian female population is 45 years old or older. Considering this condition and estimates, the number of women experiencing menopause is expected to rise as population of Brazil ages and people live longer.

Objectives
This study is aimed to assess co-morbidity, quality of life (QOL), work/productivity loss, and medical resource utilization in patients with menopausal symptoms in Brazil.

Method
A total of 12,000 individuals (age 18+) self-reported data were collected from 2011 National Health and Wellness Survey (NHWS). QOL was measured by the physical component score (PCS) and mental component score (MCS) of the Short Form-12 (SF-12) (mean score of 47.2 for general population). Loss of work/productivity was measured by the validated Work Productivity and Activity Impairment instrument. Medical resource utilization was measured by healthcare provider, emergency room visits and hospitalization in the past 6 months.

Comparison between experiencing menopause symptoms group and Non-menopause group

Results
Among all women, 825 (13.7%) had completed menopause and 1,016 (16.9%) were currently experiencing symptoms of menopause. Average age for women currently experiencing symptoms of menopause was 49.6 years. Compared to the non-menopause group, those experiencing symptoms reported more co-morbidities (sleep difficulties 35%, insomnia 33%, depression 29%, high blood pressure 25%, high cholesterol 22%, arthrihymia/cardiac arrhythmia 17%), lower mean PCS scores (47.3 vs. 50.3), more patients visited general practitioners (56% vs. 49%), and higher mean number of visits (5.9 vs. 5.1) were observed over the past 6 months. Furthermore, those experiencing menopause symptoms reported greater impairment in daily activity (28%) compared to the non-menopause group (22.7%). All comparisons were statistically significant at p<0.05.

Work Productivity and Activity Impairment

Conclusions
Results from the Brazil NHWS indicate women currently experiencing symptoms of menopause suffer from impairment in QOL, work/productivity loss, greater usage of healthcare resources and more co-morbidities. Findings indicate there is still an unmet medical need in menopause patients in Brazil.

References