



## **Korean Menopause Society Member Country Session**

**Date:** Tuesday 28 September 2010

**Time:** 07.30am – 08.30am

**Session Chair:** Professor Jung-Gu, Kim Professor Jin-Hong, Kim

### **Session Topics:**

**Opening Remarks** - Professor Hyong-Moo, Park President Korean Menopause Society

#### **Professor Mee-Ran, Kim**

- The Attitudes of Korean Women with postmenopausal symptoms to hormone therapy: 2009 Nationwide study
- Discussants: Professor Kyu-Sup Lee, Professor Byung-Seok,

#### **Professor Hyoung-Moo, Park**

- Current Use of drugs for osteoporosis in Korea
- Discussants: Professor Heung-Yeol Kim, Professor Hoon Choi

#### **Professor Byung-Koo, Yoon**

- HRT experience in Korea
- Discussants: Professor Tak, Kim, Professor Im-Soon Lee

**Language:** Korean

## ABSTRACTS

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### The Survey on Korean Menopausal Women's Behavior and Perception of Hormone Therapy

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#### **Objective**

After WHI study had been published, the use of hormone therapy have been decreasing even though it is the most effective therapy for menopausal symptom. The survey was conducted to investigate Korean menopausal women's perception of hormone therapy and behavior when they are treated by hormone therapy.

#### **Method**

During 4 weeks from September 2009 to October 2009, total 600 women aged 45-64 participated in the survey by phone contact. Out of answering women, women who have visited clinic/hospital at least 1 time to treat their menopausal symptom during last 1 year were included. 150 women for each age group, 45-49, 50-54, 55-59 and 60-64, were recruited in consecutive order.

#### **Result**

80% women who have visited clinic/hospital to treat menopausal symptom, visited OBGY. Only 17% of these women were current user, and other 83% of these women had no experience of hormone therapy (63%) or stopped therapy (37%). Among current user, only 8% of women have used hormone therapy more than 5 years. 81% of current user had used hormone therapy less than 2years.

Among women who had no experience of hormone therapy, the most common reason of not to take hormone therapy was concern of side effects (51%). And 67% of women who had concern of side effects worried about cancer incidence.

But 60%-70% of women had misconception of cancer incidence. 60% of women disagreed that HRT will not increase overall cancer incidence, and 70% of women disagreed that HRT can prevent colorectal cancer.

#### **Conclusion**

Many women with menopausal symptom do not take hormone therapy even though it is the most effective therapy. Most of women who take hormone therapy stop treatment within 2 years.

Most common reason of not to take hormone therapy is concern about side effect, increasing incidence of cancer related to hormone therapy. But most women were revealed that they have misconception about cancer incidence.

## Current use of drugs for osteoporosis in Korea

**Hyoung Moo Park<sup>1</sup>**

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### **Objective**

Postmenopausal osteoporosis is a common skeletal disease with serious consequences due to fracture, leading to increased morbidity and mortality.

This study was carried out to evaluate the changes of national osteoporosis markets during the last 5 years and to estimate the trends of national osteoporosis market in the future.

### **Methods**

The use of the medications for osteoporosis treatment was evaluated in terms of sales of drugs for osteoporosis treatment.

The sales audit of drugs for osteoporosis treatment from IMS were used to analyse the sales of specific drugs.

### **Results**

The total national osteoporosis market has been increased progressively and markedly during the last 5 years and was valued at 167.4 billion Korean won (KRW) in 2008.

The use of hormone therapy was decreased markedly by 40% after reporting of WHI results and the reduction of hormone therapy has been continuing during the recent 5 years.

The market size of the non-hormonal osteoporosis drugs has been grown by 73% during the last 5 years and was valued at 134.5 billion KRW in 2008.

This non-hormonal drug market was dominated by bisphosphonates, which account for over 80% of total sales.

The use of bisphosphonates and active vitamin D metabolites has been increasing but raloxifene and calcitonin, decreasing.

### **Conclusion**

The survey of recent national osteoporosis market using IMS sales audit showed that the use of drugs for osteoporosis treatment has been markedly increasing during last 5 years from 2004 to 2008.

This has been attributed to non-hormonal pharmacological drugs, especially bisphosphonate.

## HRT experience in Korea

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Menopausal symptoms and attitudes toward menopause are not universal among countries. Gallup survey was conducted in 2001. Women aged 50 to 59 years (n=1,201) were randomly recruited. Seventy-three% accepted menopause as the natural aging process, but 64.2% expressed negative feeling. Among 797 with natural menopause, 89% experienced menopausal symptoms with hot flush most common, and ever user of hormone replacement therapy (HRT) was 23.3% and current user 9.3%. HRT use was higher in hysterectomized women.

To assess the change in Korean physicians' attitudes toward HRT after the Women's Health Initiative (WHI) study, a questionnaire survey was performed in July 2003. HRT prescription decreased by 16% after WHI and approximately half who continued to recommend HRT changed their prescriptions. HRT market reduced by 40% in 2007 compared with that in 2002. Recently HRT sales are on the rise in Korea.

Osteoporosis is a late problem of menopause. Long-term effect of HRT on bone mineral density (BMD) was studied retrospectively (n=111). Five years of HRT significantly increased BMDs at both lumbar spines (6.2%) and total hip (7.7%). Breast cancer risk may increase with estrogen+progestin therapy, but not with estrogen therapy. Impact of different progestogens combined with estrogen on mammographic breast density, a surrogate marker of breast stimulation, was retrospectively tested. One year of medroxyprogesterone acetate (n=10) increased breast density, but micronized progesterone (n=37, MP) did not alter it.

According to post hoc analysis of WHI result, initiation of HRT in early postmenopause may reduce the risk for coronary heart disease (CHD). Beneficial impact on lipid profile and prevention of diabetes mellitus play a major role in the prevention of CHD. In general, oral estrogen does not increase blood pressure (BP). The response to conjugated equine estrogen (CEE) might be different in Korea. CEE increased BP in normal BP women, but decrease BP in high BP women. In addition, MP provided beneficial effects on BP when combined with CEE. Postmenopausal HRT, if started early and closely monitored, would contribute to women' health.