



Malaysian Menopause Society Member Country Session

Date: Monday 27 September 2010

Time: 17.30pm – 18.30pm

Session Chair: To be announced

Session Topics:

Ho, Choon Moy

- HRT landscape amongst women in APAC - A Malaysian Study

HRT landscape amongst women in APAC - A Malaysian Study

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A primary market research study was conducted in 2008 by Bayer among gynaecologists in selected countries in Asia Pacific (APAC) to understand menopause - related symptoms experienced and action taken; treatment process; attitude and behaviour towards HRT; and how they approached the issue of blood pressure in their treatment of symptomatic menopausal patients.

This study in Malaysia, showed that close to 3 out of 5 of the women aged 45-60 were symptomatic i.e. they had experienced at least one of the 3 key symptoms (hot flushes, excessive sweating, dry vagina) in the past 6 months. Approximately 1 out of 2 who experienced excessive/night sweating was inclined to ignore the problem. Only about a third of the women who experienced menopausal symptoms (i.e., sweating, dry vagina and hot flushes) sought treatment from a doctor.

This study also revealed that overall, 12% of the women had ever tried HRT and only 7% are current users. Awareness of HRT was mainly from word of mouth via friends & family (72%). Media (TV, magazine, newspapers, radio), appeared to be an important channel as well.

The prime age band for starting HRT was from 45-55 years old while the reasons for starting HRT were primarily for the purpose of relieving hot flushes/sweating. Those who lapsed HRT usage cited fear of increased risk of cancer, stroke, weight gain, heart disease and nausea. However, one-third of these lapsed users were willing to consider resuming the use of HRT if their doctors were to prescribe it.