

A Longitudinal Analysis on the Effect of Hormone therapy on Allostatic Load during the Perimenopausal Period

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Objective :

To assess the longitudinal effect of hormone-use on Allostatic load in the perimenopausal period .

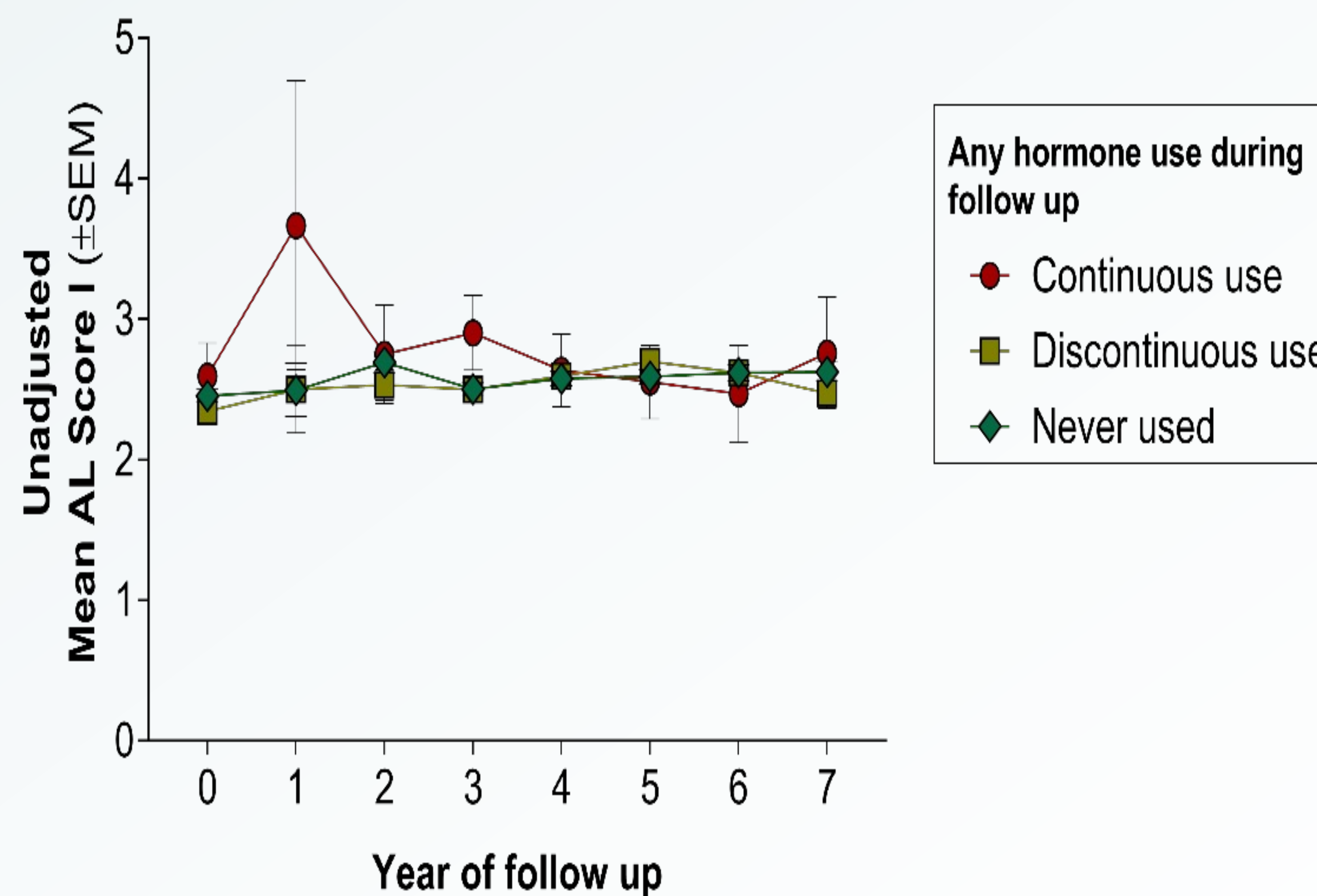
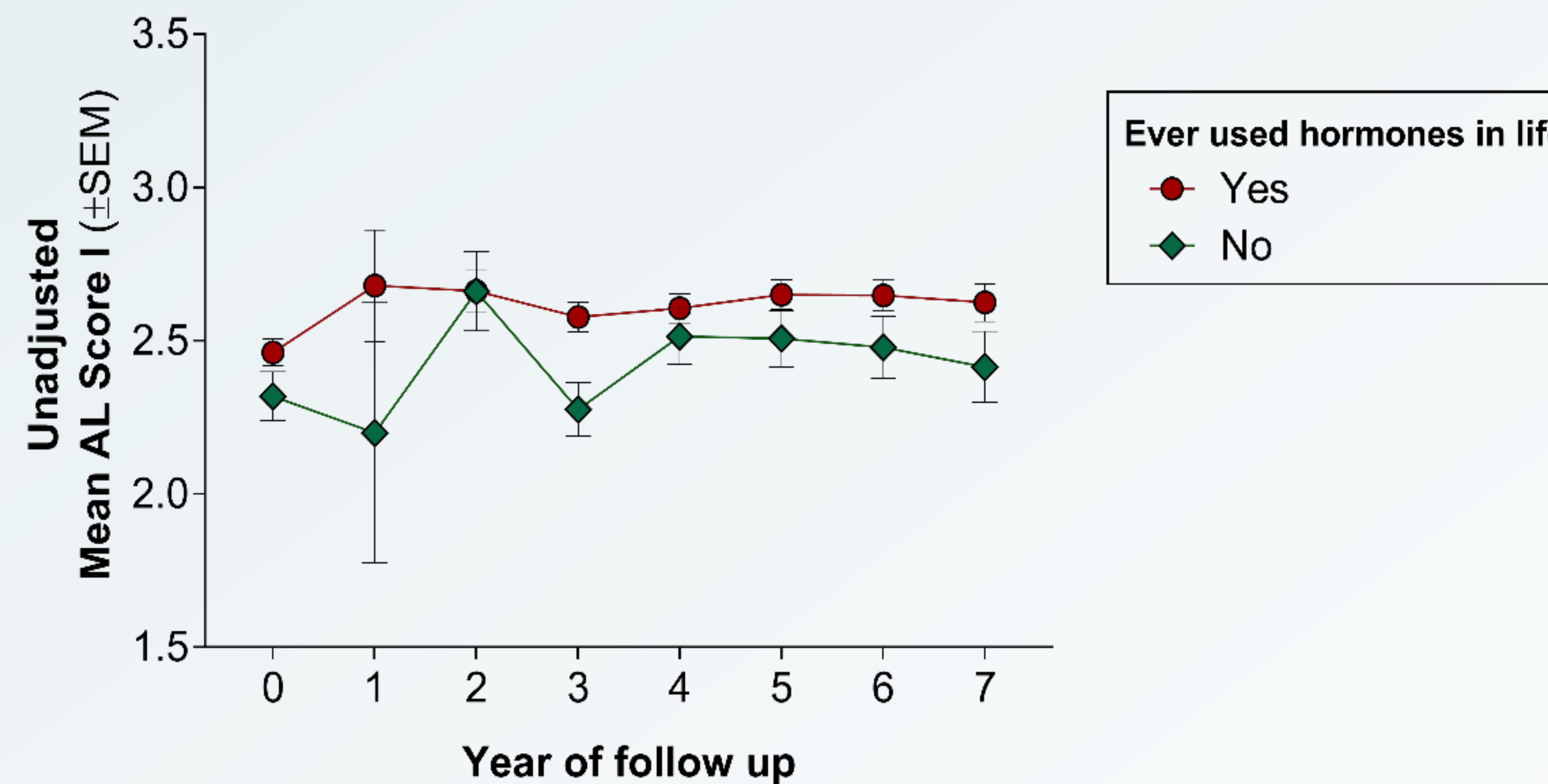
Background

- Hormone therapy during menopausal transition has been shown to help with the relief of menopausal symptoms, it is not clear whether it has an impact on alleviating allostatic load in aging women. .

Methodology

- Descriptive Analysis
- Generalized linear mixed effects model with randomly varying intercepts for participant specific means provided estimates of the average rate of change of allostatic load in subgroup analysis based on hormone use and menopausal status.

Results/Figures



Results

A total of 2,883 women were included in our analysis.

- The mean AL score was 2.4 (SD ± 1.8).
- Of these, 62 women representing 2.7% of participants used hormone continuously for at least 3 or more visits, 663 women (29.3%) reported discontinuous hormone use during the follow up period and 1,539 (68%) reported never use of hormone.
- No significant interaction was found between hormone use and allostatic load. .

Conclusion

- Continuous hormone use during the menopause transition period was not associated with increased allostatic load.
- These findings suggest that hormone therapy does not add to the burden of increasing allostatic load as women age during menopausal transition.

Limitations

- Report of hormone use.
- Not generalizable to patients outside the perimenopausal period

Disclosures

The authors have no conflict of interest to disclose