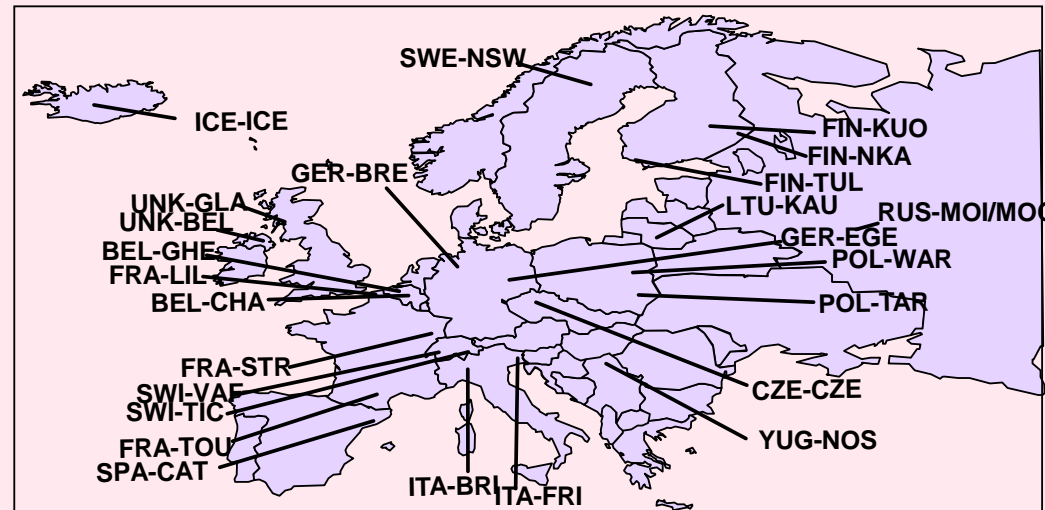
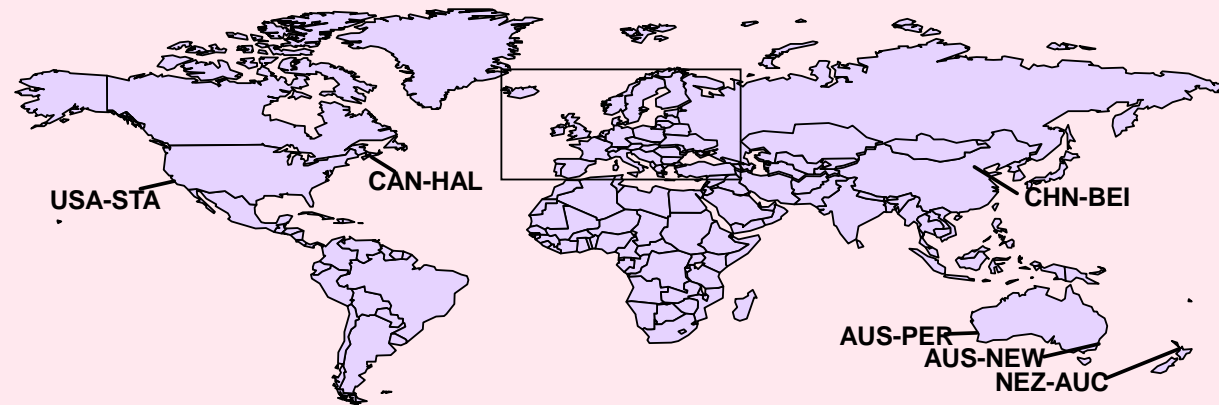




Prevalence of hormone replacement therapy and use of oral contraceptives in the WHO MONICA Project

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WHO MONICA Project populations



Introduction and objective

INTRODUCTION

- **The relationship of hormone replacement therapy (HRT), with coronary heart disease and breast cancer is well documented.**
- **A relationship between oral contraceptive (OC) use and myocardial infarction has been reported from several studies.**
- **Information about the prevalence of HRT or OC has not been available from many populations.**

OBJECTIVE

- **To measure and report the prevalence of HRT and OC use in 32 populations of the WHO MONICA Project.**

Material and methods

MATERIAL

- Data from random population samples.
- 21 058 female respondents from 32 populations, in 20 countries in 4 continents.
- Age range 35-64.

METHODS

- For the analysis women we divided to
 - age group 35-44 and pre-menopausal for prevalence of OC use;
 - age group 50-64 and post-menopausal for prevalence of HRT.
- Prevalences were age standardized for world population by 5-year age groups.

Survey questions

- "Are you still having monthly periods?"

1 = yes, as usually

2 = yes, but irregularly

3 = no

8 = not relevant (men or know pregnant women)

9 = insufficient data

- "How old were you when your periods stopped completely?"

88 = not relevant

99 = insufficient data

- "Are you taking (in the last month) sex hormones (estrogens) for menopausal symptoms?"

1 = yes

2 = no

8 = not relevant

9 = insufficient data

- "Are you taking (in the last two months) contraceptive pills or injections?"

1 = yes

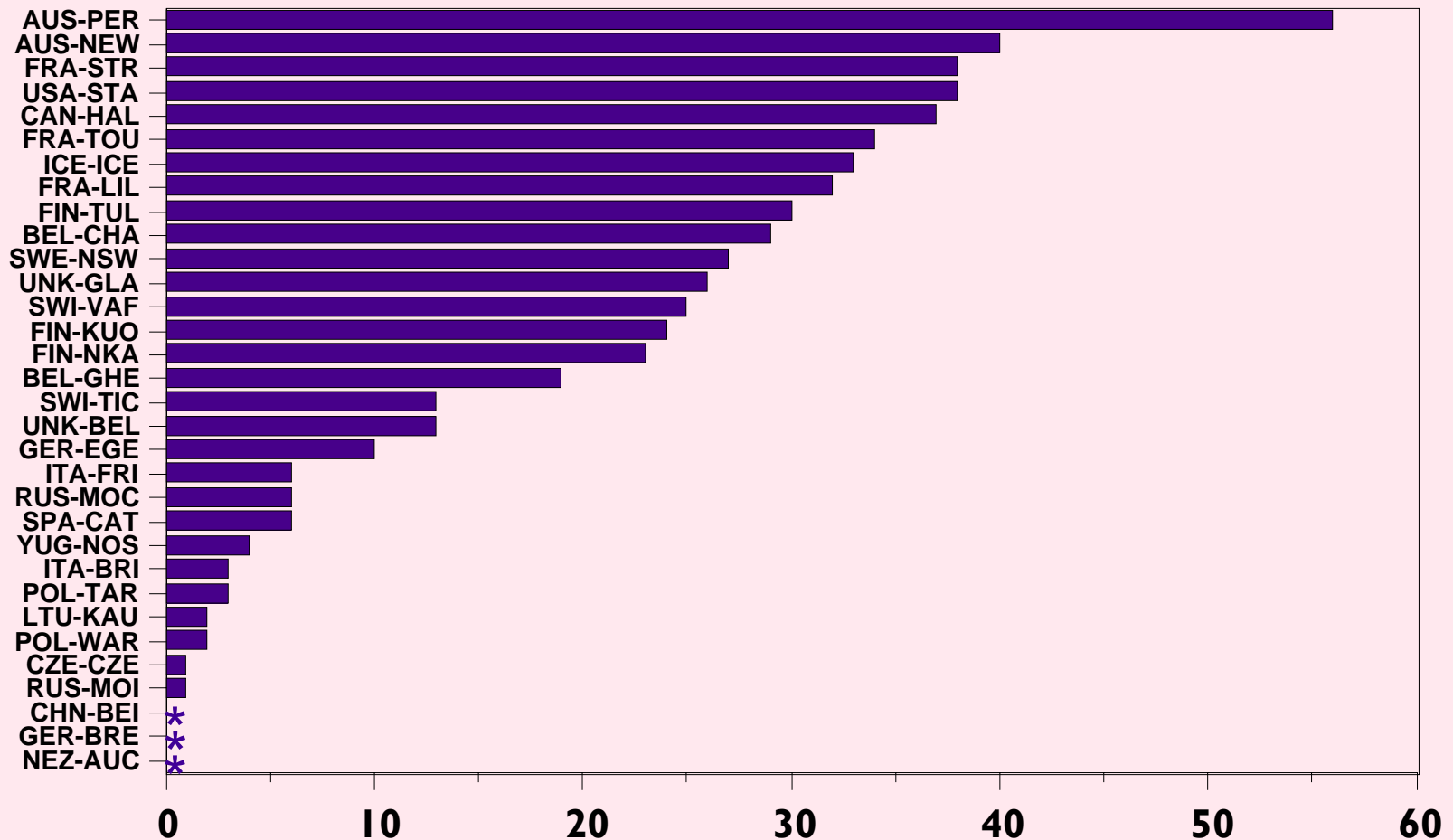
2 = no

8 = not relevant

9 = insufficient data

Prevalence of hormone replacement therapy

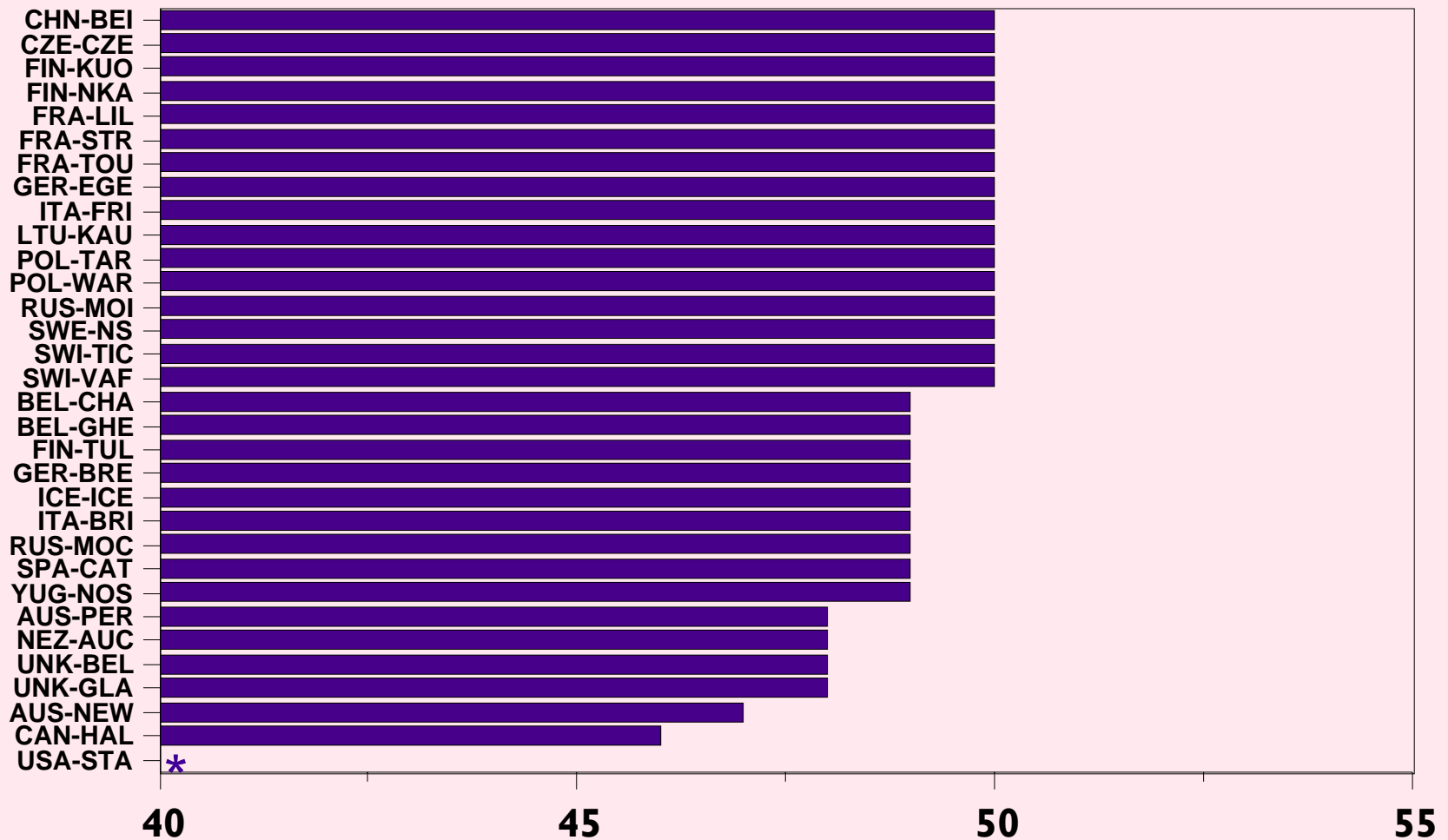
Age standardized, age group 50-64



* Data not collected

Median age of menopause

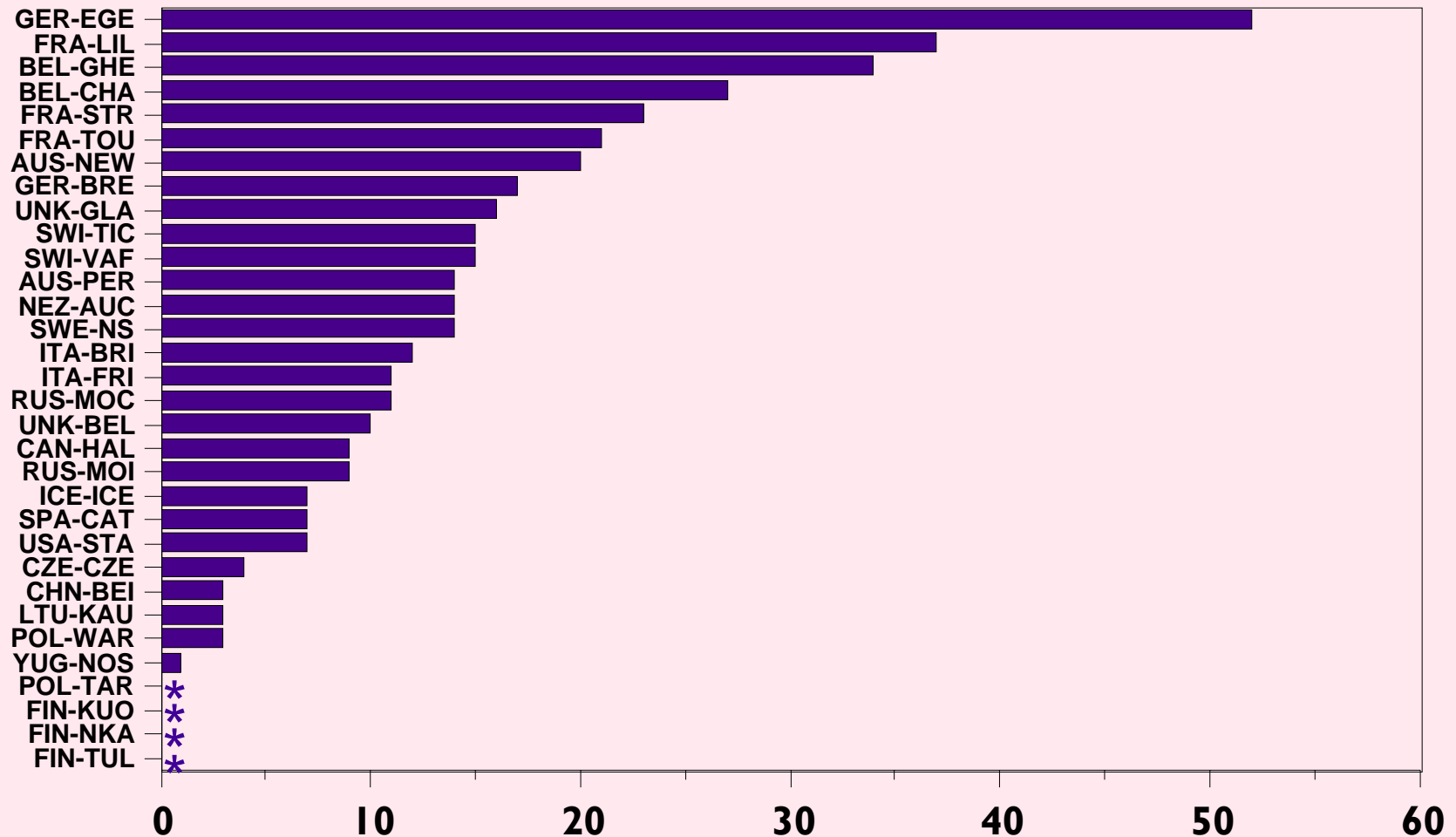
Age standardized, age group 50-64



* Data not collected

Prevalence of oral contraceptive use

Age standardized, age group 35-44



* Data not collected

Results and conclusions

RESULTS

- **The prevalence of HRT**
 - **was less than 10% in central, eastern and southern European populations and in China;**
 - **in western and northern Europe, North America and Australia it was mostly between 20% and 40%.**
- **The prevalence of OC use**
 - **was between 7% and 16% in half of the populations;**
 - **no clear geographical pattern.**

CONCLUSIONS

- **There was an enormous variation in the prevalence of HRT and OC use between the populations.**