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Early Menopause in Inner-City Women with End-Stage Kidney Disease (ESKD): High Prevalence & Lack of Education

INTRO: ESKD has far reaching hormonal effects with impacts on menstruation and onset of menopause. We studied prevalence of early menopause and pt knowledge of gynecologic issues in a population of women with ESKD. METHODS: A random convenience sample of female hemodialysis (17) and kidney transplant (18) pts was surveyed face to face regarding their knowledge of and experience with menopause using knowledge and Likert scale questionnaires. Not all pts answered all questions. RESULTS: Mean age was 62.8 ± 12.5 years, 91% identified as black, 49% had less than a college education. 91% (29) were menopausal, 59% occurring early; 24% (7) occurring before age 40, 24% (10) before 45. 34% reported menopause started after CKD diagnosis; 27% reported changes in their health since starting menopause such as fatigue, joint pain, or loss of strength in the arms. 83% (10/12) dialysis pts reported early menopause (before age 45) vs 41% (7/17) txp pts ($p=0.053$ by Chi square). There was no relationship between time since CKD diagnosis and age at onset of menopause. 68% (13/19) reported having an Ob-Gyn. 83% (10/12) reported no discussion with their Ob/Gyn about how kidney disease can affect menopause with a similar number reporting no discussion with their nephrologist despite 75% (9/12) saying they would feel comfortable with the discussion. 65% (11/17) stated that they know nothing about menopause. 82% (14/17) reported not knowing anything about how kidney disease can impact menopause. No pt was receiving hormone replacement therapy. CONCLUSION: In our inner city population: The majority were menopausal with over half occurring before age 45 and more than one third occurring after diagnosis with CKD. Almost a third reported changes in health due to menopause, yet the vast majority had no discussion about menopause with either their Ob-Gyn or nephrologist despite feeling comfortable with the conversation. The majority reported knowing nothing about menopause or its' relationship to ESKD.