

MENOPAUSE IN BLACK WOMEN: REGIONAL EXPERIENCES, HEALTH DISPARITIES, AND CULTURAL INFLUENCES

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INTRODUCTION

To compare the lived experiences of menopause among Black women in the US, UK, Europe, Caribbean, and Africa, focusing on:

- Symptom severity
- Cultural influences
- Healthcare access
- Psychosocial impact

DESIGN

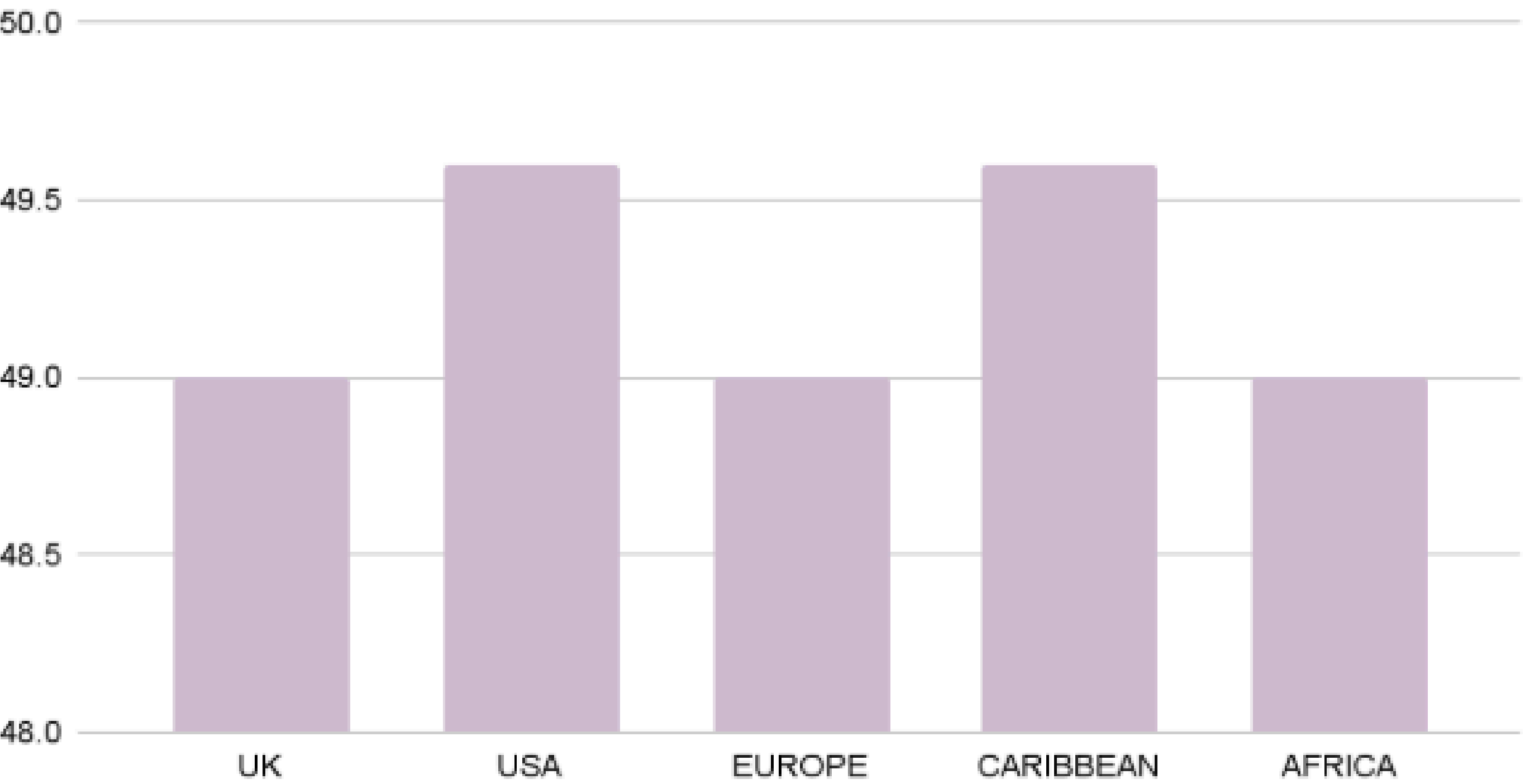
Comparative literature review of peer-reviewed studies and qualitative reports examining:

- Menopausal symptoms
- Healthcare utilisation
- Cultural stigma
- Mental health outcomes

METHODOLOGY

- Databases: PubMed, Scopus, Google Scholar
- Years: 2000–2023
- Inclusion: Studies with racial/ethnic and regional breakdowns.
- Key terms: “Black women,” “menopause,” “healthcare disparities,” “psychosocial impact”.

Average onset of Menopause



RESULTS: MENOPAUSE EXPERIENCE AMONG BLACK WOMEN GLOBALLY

Black women globally report similar menopausal symptoms globally.

- **More VMS:** Black women have higher rates of frequent, bothersome hot flushes and night sweats.
- **Longer Duration:** Symptoms often last up to 10 years, longer than in other groups.
- **Earlier Onset:** Menopause starts earlier and lasts longer.
- **Less Treatment:** Hormone therapy use is lower despite worse symptoms.
- **Poorer Sleep:** Shorter, less restful sleep is common.
- **Higher Stress:** Greater stress and lower resources worsen symptoms.

Across all regions: Healthcare access is insufficient. Cultural norms and stigma hinder help-seeking.

REFERENCES

1. Harlow, S. et Al (2022). *Disparities in Reproductive Aging and Midlife Health between Black and White women: The Study of Women’s Health Across the Nation (SWAN)*.
2. Im, E.-O., Lee, S.H. and Chee, W. (2010). *Black Women in Menopausal Transition. Journal of Obstetric, Gynecologic & Neonatal Nursing, 39(4), pp.435–443.*

KEY POINTS: HEALTHCARE ACCESS AND UTILISATION

Black women are about 50% less likely than White women to use hormone therapy (HT).

Are less likely to have seen a physician in the past year compared to White women.

Premenopausal Black women show greater interest in group consultations for menopause support.

Access barriers and medical mistrust contribute to underuse of menopause care

CULTURAL PERCEPTIONS AMONG BLACK WOMEN

Loss of womanhood:

Associate menopause with the end of fertility, femininity, and sexual identity.

Strong Black Woman:

Cultural pressure in many Black communities to endure symptoms quietly and appear strong.

Silence and secrecy:

Among Black women globally, menopause is rarely talked about due to stigma, shame, or generational silence.

Spiritual interpretation:

Often linked to spiritual meaning or ancestral changes.

SYMPTOM BURDEN

- Frequent and intense hot flushes
- Higher levels of depression and anxiety
- Poor sleep and more severe night sweats
- Earlier onset linked to increased heart health risks

CONCLUSION

Black women worldwide face disproportionate menopause burdens driven by systemic inequities, cultural expectations, and poor healthcare access.

Culturally competent, region-specific interventions and policy reform are urgently needed.