



WOMEN'S HEALTH

Survey Reveals Boomers Face Physical Challenges

(NAPSA)—According to a survey of adults aged 50 to 70, the majority of both sexes agree that decreased frequency and physical ability to have or desire sex is expected with age, and women were less likely than men to anticipate experiencing sexual symptoms as they aged. According to the “Sex, Menopause & Relationships” survey conducted by Harris Interactive and commissioned by Duramed Pharmaceuticals, Inc., 65 percent of women who experienced menopause-induced symptoms reported they did not anticipate that they would. This compares to 51 percent for men.

Despite the fact that the majority of those surveyed agreed that men would be more likely than women to experience physical symptoms that decrease their ability to have sex with age, more women (67 percent) than men (59 percent) reported having experienced symptoms that affected their ability to have sex.

“The survey reveals a knowledge gap about the challenges women and men experience as they age,” says David B. Schwartz, M.D., practicing Obstetrics & Gynecology at Christ Hospital in Cincinnati, Ohio. “The majority of people surveyed believe men are more likely to experience sexual symptoms than women. This may be due to the volume and ease of accessibility to information about erectile dysfunction. Conversely, most women face sexual symptoms as they go through menopause, with less information readily available to them.”

The survey also revealed that of those who reported experiencing symptoms, nearly two-thirds of women (63 percent) and 59 percent of men have sought treatment. Fifty-one percent of men seeking treatment reported seeking prescription medication while 55 percent of women seeking treatment reported use of over-the-counter lubricants, creams or herbal supplements.

“There seems to be a lack of knowledge about the vaginal symptoms of menopause in women and the treatments available. If women are experiencing vaginal dryness and painful sex, these may be symptoms associated with their menopause,” says Dr. Schwartz.

While 63 percent of women surveyed who had symptoms reported seeking treatment, the majority have turned toward over-the-counter lubricants, creams or herbal supplements—many of which may not be completely effective. Women should understand that their symptoms are medical issues which should be discussed with their health care provider before they seek treatment.

Dr. Schwartz also says, “Women experiencing these symptoms may be candidates for estrogen therapy applied locally, which can be prescribed by a health care practitioner. I encourage women to explore treatment options with their health care providers and discuss these with their partners.”

For more information on the survey and menopause-induced symptoms, visit www.copewithmenopause.com.



Note to Editors: The “Sex, Menopause & Relationships” survey was sponsored by Duramed Pharmaceuticals, Inc. Harris Interactive® conducted the online survey in the U.S. between June 25, 2008 and July 1, 2008 among 705 U.S. adults aged 50-70 who are in heterosexual relationships with partners aged 50-70. Of the 705 survey participants, 354 are females, of whom 174 have experienced menopause-induced sexual symptoms. Of these 174, 121 are postmenopausal and 53 are not. The remaining 351 respondents are males, of whom 131 have experienced symptoms of erectile dysfunction. Results for both groups were weighted as needed for age, sex, race/ethnicity, education, region and household income. Propensity score weighting was also used to adjust for respondents’ propensity to be online. A full methodology is available.