



# 8<sup>TH</sup> SEUD ANNUAL CONGRESS

## PROGRESS MEETS SAFETY... EVOLUTION MEETS KNOWLEDGE

### Heavy menstrual bleeding: a nationwide survey of Spanish women perception

#### AUTHORS

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#### INTRODUCTION AND OBJECTIVES

Abnormal uterine bleeding, especially **heavy menstrual bleeding** (HMB), increases the burden of health on economic resources and significantly impacts the well-being of the women who suffer it.<sup>1</sup> However, data on HMB among our population is still limited. The **aim** of the study was:

- Establish what women **think and know about HMB**.
- Understand how **HMB affects the quality of life** of women in terms of family life, sexual life, work and professional activities, leisure and sports.

#### MATERIALS AND METHODS

A nationwide survey of a representative sample of Spanish women aged **23 to 49 years** (total sample size: **1.189**) was performed choosing the participants with a random system considering the age. **Online interviews** were conducted using a 15-minute semi-structured questionnaire to assess knowledge of HMB and its impact on their daily lives. We consider women with HMB who reported this condition.

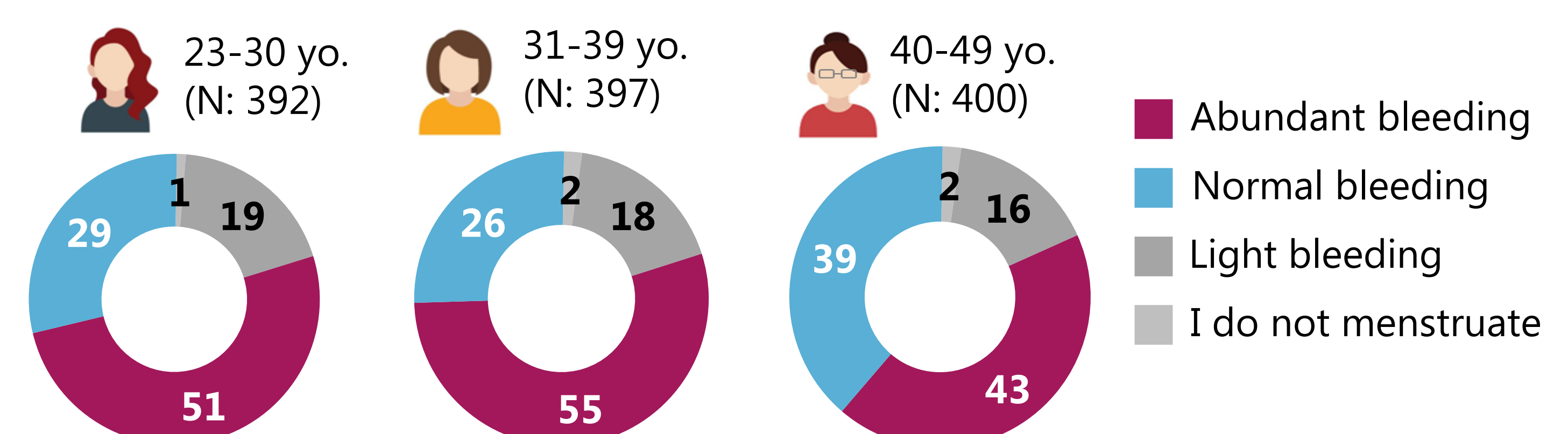
#### RESULTS

##### HOW WOMEN DEFINE HMB

Spanish women described HMB as an **excessive amount of bleeding** in **55%** of the cases, others as a **frequent change of personal hygiene products 19%**, while **19%** of them described it as an **excessive length of menstrual bleeding** and **8%** as **menstrual blood loos that interferes with the daily activities**.

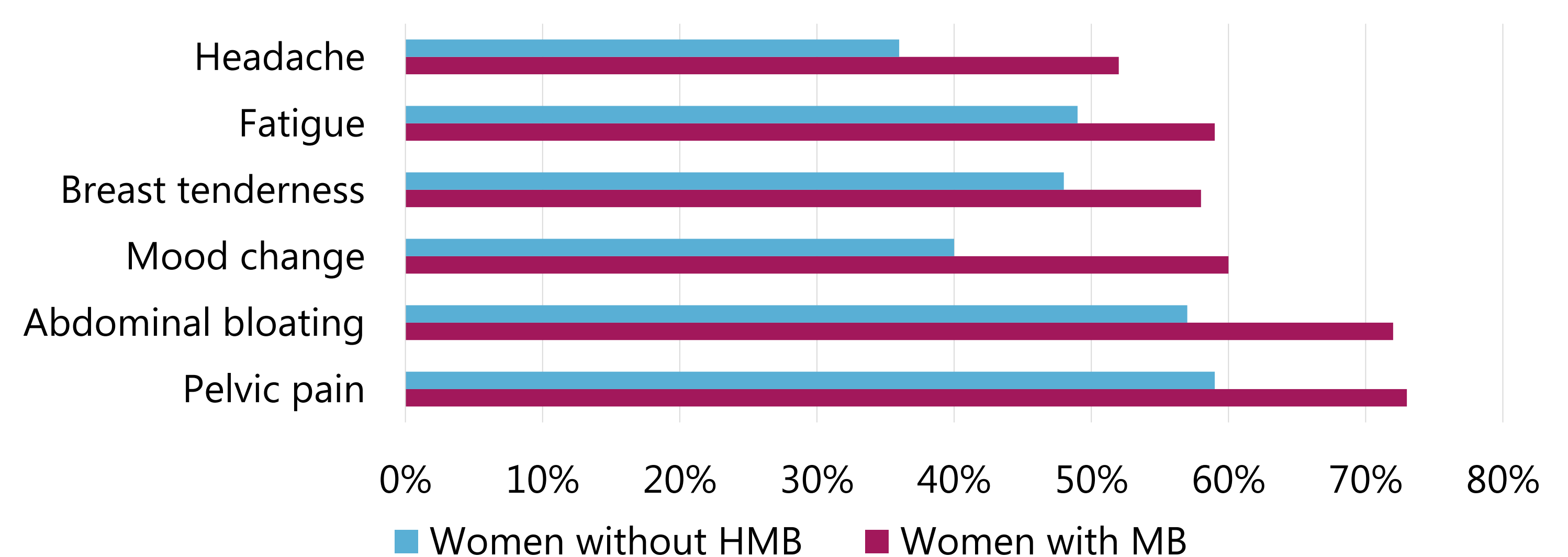
##### PERCEPTION OF SUFFERING FROM HMB

A **32 %** of participants had the **perception of suffering from HMB**, majorly among those between **40 and 49 years old**. Split by age: 29% in 23 to 30-year-old-women; 26% in 31 to 39-year-old-women, and 39% in 40 to 49-year-old-women,  $p < 0.05$ .



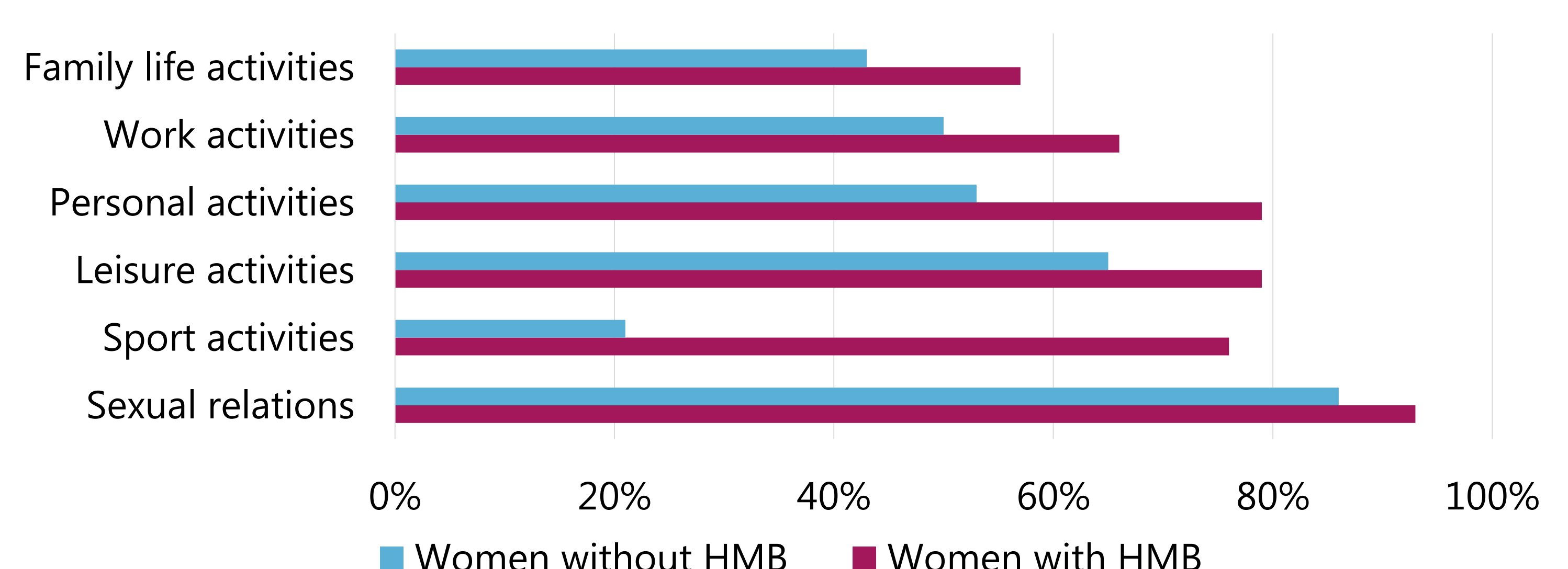
##### SYMPTOMS

Women with HMB experienced more menstrual symptoms and of higher intensity than women without HMB. Pelvic pain 73% vs 59%, abdominal bloating 72% vs 57%, mood change 60% vs 40%, breast tenderness 58% vs 48%, fatigue 59% vs 42%, and headache 52% vs 36%, were reported by women with and without HMB respectively ( $p < 0.05$ ).



##### LIMITATION IN DAY-TO-DAY ACTIVITIES

**20%** of women with HBM reported a **limitation in their day-to-day activity** pretty much or a lot. During menstruation, the most limited daily life activities were **sexual relationships, sport, and leisure activities**. In general, all the attributes surveyed had a major impact or limitation on women with HMB compared with women without this condition: 86% vs 93% on sexual relations, 21% vs 76% on sport activities, 65% vs 79% on leisure activities, 53% vs 79% on personal activities, 50% vs 66% on work activities, and 43% vs 57% on family life activities in women without and with HMB respectively,  $p < 0.05$ .



##### TREATMENT AND CONSULTATION WITH HCP

**1 of every 3** women with HMB had **not consulted a healthcare professional**. Only **1 of every 5** received **treatment** for HMB, especially **combined hormonal contraceptives** (41%) and **non-steroidal anti-inflammatory drugs** (NSAIDs) (43%).

#### CONCLUSIONS

- **HMB is a commonly reported condition among Spanish women.**
- Women with HMB have **more symptoms** and **limitations in their daily life** during their period compared with women who considered their menstruation as normal.
- However, there's a **lack of consultation with healthcare professionals** regarding this issue.

<sup>1</sup>Andeyro M, Carmona F, Cancelo MJ, Canals I, Calaf J. Características socio-demográficas de las mujeres españolas con sangrado menstrual abundante. Resultados del Registro nacional de pacientes con sangrado menstrual abundante (Registro SANA). Prog Obstet Ginecol 2015;58(8):356-362