



Editorial

Complementary and integrative therapies for menopause



This special issue on complementary and integrative therapies for menopause puts together papers published in two journals, *Complementary Therapies in Medicine* and *Maturitas* between 2015 and 2018. Because of concerns regarding the safety of estrogen-based menopausal hormone therapy women have turned towards complementary and alternative medicines (CAM). The Australian Longitudinal Study on Women's Health found that 3 in 4 Australian women used CAM. Estrogen therapy is not advised after breast cancer and some dietary supplements and herbal medicines contain substances with estrogenic properties. It is therefore not surprising that there are many studies on the effect of yoga. It improves psychological, somatic, vasomotor, and urogenital menopausal symptoms. Reassuringly it is not associated with an increased risk of falls.

Dietary interventions are popular especially as vegan report fewer bothersome vasomotor and physical menopausal symptoms than omnivores. A randomised trial adds further evidence for the use of vitamin D supplements. Cardiovascular benefits have been described with honey-based products and milk peptides. In addition, vaginal administration of visnadine, prenylflavonoids and bovine colostrum may benefit vulvovaginal atrophy. Chinese herbal products may help with menopausal symptoms and abnormal perimenopausal bleeding, but further research is required. Safety concerns are highlighted in systematic review and meta-analysis which found that phytoestrogen supplementation was associated with increased body weight in postmenopausal women with preexisting metabolic disorders. Last, but not least results from the US SWAN study show that religiosity and faith may affect risk of metabolic syndrome in Hispanic women.

To conclude, the widespread use of self-prescribed CAM means that practitioners providing women's health care should be aware of such use amongst their patients especially as some may interact with prescribed drug therapies.

1. Broadening our perspectives on complementary and alternative medicine for menopause: A narrative review Tonob, Dunia et al. *Maturitas*, May 2017 Volume 99, 79–85 <https://doi.org/10.1016/j.maturitas.2017.01.013>.

2. Association between use of self-prescribed complementary and alternative medicine and menopause-related symptoms: A cross-sectional study Peng W et al. *CTM* Volume 23, Issue 5, October 2015, Pages 666–673 <https://doi.org/10.1016/j.ctim.2015.07.004>.

3. A longitudinal analysis of self-prescribed complementary and alternative medicine use by a nationally representative sample of 19,783 Australian women, 2006–2010 Boweal Steven et al. *CTM* Volume 23, Issue 5, October 2015, Pages 699–704 <https://doi.org/10.1016/j.ctim.2015.06.011>.

Physical therapies

4. Yoga for menopausal symptoms—A systematic review and meta-analysis Cramer, Holger et al. *Maturitas*, Volume March 2018 109,

<https://doi.org/10.1016/j.ctim.2018.11.010>

13–25 DOI: <https://doi.org/10.1016/j.maturitas.2017.12.005>.

5. Improving vasomotor symptoms; psychological symptoms; and health-related quality of life in peri- or post-menopausal women through yoga: An umbrella systematic review and meta-analysis *CTM* Volume 34, October 2017, Pages 156–164 M.Shepherd- Banigan et al. <https://doi.org/10.1016/j.ctim.2017.08.011>.

6. The effects of yoga and self-esteem on menopausal symptoms and quality of life in breast cancer survivors—A secondary analysis of a randomized controlled trial Koch, Anna K. et al. *Maturitas*, November 2017 Volume 105, 95–99 <https://doi.org/10.1016/j.maturitas.2017.05.008>.

7. A yoga & exercise randomized controlled trial for vasomotor symptoms: Effects on heart rate variability Salene M.W.Jones et al. *CTM* Volume 26, June 2016, Pages 66–71 <https://doi.org/10.1016/j.ctim.2016.03.001> – YES, GREAT!

8. Hatha Yoga practice decreases menopause symptoms and improves quality of life: A randomized controlled trial Márcia P.Jorge et al. *CTM* Volume 26, June 2016, Pages 128–135 <https://doi.org/10.1016/j.ctim.2016.03.014> – YES, GREAT ! [9] The association between regular yoga and meditation practice and falls and injuries: Results of a national cross-sectional survey among Australian women Cramer, Holger et al. *Maturitas*, Volume 84, February 2016, Pages 38–41 Diet, supplements, herbal medicines and lifestyle

9. Vegans report less bothersome vasomotor and physical menopausal symptoms than omnivores Bonnie Beezhold, Cynthia Radnitz, Robert E. McGrath, Arielle Feldman *Maturitas*, Vol. June 2018 112, p12–17 DOI: <https://doi.org/10.1016/j.maturitas.2018.03.009>.

10. Effects of sunlight exposure and vitamin D supplementation on vitamin D levels in postmenopausal women in rural Thailand: A randomized controlled trial, Waranya Watcharanon, Srinaree Kaewrudee, Sukree Soontrapa, Woraluk Somboonporn, Prasopsuk Srisaenpang, Ladawan Panpanit, Chatlert Pongchaiyakul, *Complementary Therapies in Medicine*, Volume 40, 2018, Pages 243–247, DOI: <https://doi.org/10.1016/j.ctim.2018.06.004>.

11. Long-term effects of honey on cardiovascular parameters and anthropometric measurements of postmenopausal women, Siti Zubaidah Ab Wahab, Nik Hazlina Nik Hussain, Rahimah Zakaria, Azidah Abdul Kadir, Norazlina Mohamed, Noorlaili Mohd Tohit, Mohd Noor Norhayati, Intan Idiana Hassan, *Complementary Therapies in Medicine*, Volume 41, 2018, Pages 154–160, DOI: <https://doi.org/10.1016/j.ctim.2018.08.015>.

12. Anti-hypertensive peptides released from milk proteins by probiotics Fatah B Ahtesh, Lily Stojanovska, Vasso Apostolopoulos *Maturitas* September 2018 Vol 115 p103–109 DOI: <https://doi.org/10.1016/j.maturitas.2018.06.016>.

13. Preliminary results of a single-arm pilot study to assess the safety and efficacy of visnadine, prenylflavonoids and bovine colostrum

in postmenopausal sexually active women affected by vulvovaginal atrophy Antonio Simone Laganà, Salvatore Giovanni Vitale, Lily Stojanovska, Irene Lambrinouadaki, Vasso Apostolopoulos, Benito Chiofalo, Laura Rizzo, Francesca Basile March 2018 vol 109 p78–80 DOI: <https://doi.org/10.1016/j.maturitas.2017.12.015>.

14. Chinese herbal medicine Kuntai capsule for treatment of menopausal syndrome: a systematic review of randomized clinical trials QuanZhou et al. CTM Volume 29, December 2016, Pages 63–71 <https://doi.org/10.1016/j.ctim.2016.09.011> – YES < GREAT!

15. Chinese herbal medicines for the treatment of non-structural abnormal uterine bleeding in perimenopause: A systematic review and a meta-analysis, Yujie Shang, Su Lu, Yun Chen, Xiumei Sun, Complementary Therapies in Medicine, Volume 41, 2018, Pages 252–260, DOI: <https://doi.org/10.1016/j.ctim.2018.09.021>.

16. Phytoestrogen supplementation and body composition in postmenopausal women: A systematic review and meta-analysis of

randomized controlled trials Marija Glisic, Natyra Kastrati, Juna Musa, Jelena Milic, Eralda Asllanaj, Eliana Portilla Fernandez, Jana Nano, Carolina Ochoa Rosales, and others Maturitas, September 2018 Vol. 115, p74–83 DOI: <https://doi.org/10.1016/j.maturitas.2018.06.012>.

17. Religiosity and faith in relation to time to metabolic syndrome for Hispanic women in a multiethnic cohort of women—Findings from the Study of Women’s Health Across the Nation (SWAN) Amanda A. Allshouse, Nanette Santoro, Robin Green, Jason Y.Y. Wong, Dawn M. Upchurch, Genevieve Neal-Perry, Rebecca C. Thurston, Carol A. Derby Maturitas June 2018 Volume 112, Pages 18–23 DOI: <https://doi.org/10.1016/j.maturitas.2018.03.008>.

Margaret Rees

John Radcliffe Hospital, Women's Centre, Oxford OX3 9DU, United

Kingdom

E-mail address: margaret.rees@st-hildas.ox.ac.uk.