

## Attitude and Practice of Indian clinicians on clinical usage patterns of phytoestrogens in post-menopausal women: A pan India survey

**Introduction :** Menopausal Hormonal Therapy (MHT) is recommended to post-menopausal women for menopausal symptoms and for prevention of other conditions. MHT, though effective has safety concerns. Thus, safer alternatives are sought after.

**Material and Methods :** Our survey included 13 questions which assessed attitude and prescribing pattern of Phytoestrogens amongst clinicians (Gynaecologists and Internal Medicine) across India. Survey was distributed through Google forms. 265 clinicians completed the survey (70% Gynaecologists, 30% Internal Medicine).

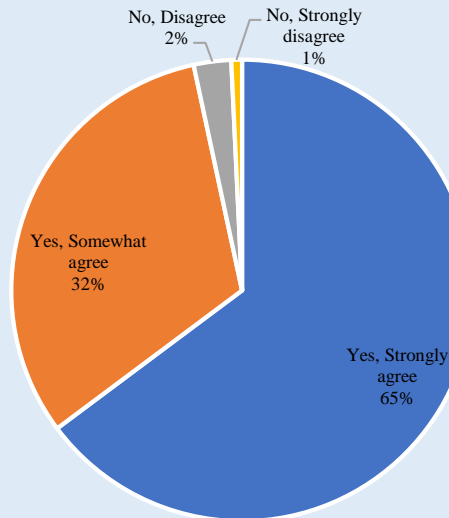
### Results:

- 49% respondents said 46-48 years is the mean age of onset of menopausal symptoms.
- Hot flushes (57%) was the most common menopausal symptom
- 97% reported phytoestrogens as safer alternative to HRT.
- 91% believed that 8-PN is a potent phytoestrogen.
- 74% reported that up to 70% of patients report improvement in hot flushes with phytoestrogens.
- >70% reported symptom improvement within 6 weeks.
- 96% reported good/excellent effectiveness and 95% reported good/excellent safety.

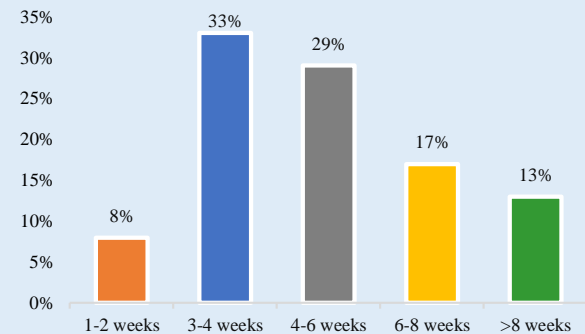
**Objective :** We conducted a pan-India survey to understand attitude & practice of Indian clinicians regarding use of phytoestrogens in Indian post-menopausal women

### Results:

**Supplementation with phytoestrogens, safer alternative to HRT**



**Duration of Therapy with Phytoestrogens**



**Conclusion:** Our Pan-India survey suggests that phytoestrogens are widely preferred by Indian clinicians over MHT in management of post-menopausal symptoms owing to its safety profile. Amongst all phytoestrogens 8-PN in *humulus lupulus* is reported to be potent and safe. Further clinical/ real world Indian studies may be conducted to quantify the clinical benefit in Indian Post-menopausal women.