

# Assessment of menopausal symptoms and quality of life in women with premature ovarian failure after hematopoietic stem-cell transplantation for hematologic diseases

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## Abstract

**Objective:** This study aimed to evaluate and compare menopausal symptoms and quality of life between women with premature ovarian failure who underwent hematopoietic stem-cell transplantation (HSCT) for hematologic diseases and naturally menopausal women.

**Methods:** This observational study enrolled 415 women (215 HSCT women and 200 naturally menopausal women as control group) from June 2017 to November 2019 in the menopause clinic of Peking University People's Hospital. Menopausal symptoms and quality of life were evaluated using the modified Kupperman index (KI), menopause rating scale (MRS), and menopause quality of life questionnaire.

**Results:** The total KI and MRS scores were  $12.53 \pm 8.27$  and  $7.69 \pm 6.50$  in the HSCT group and  $21.57 \pm 9.23$  and  $12.05 \pm 6.70$  in the control group, respectively ( $P < 0.05$ ). The scores related to sexual problems and vaginal dryness were  $1.20 \pm 1.24$  and  $1.07 \pm 1.24$  in the HSCT group and  $1.15 \pm 1.01$  and  $1.01 \pm 1.01$  in the control group, respectively ( $P > 0.05$ ). Age was a risk factor for menopausal symptoms (odds ratio 1.70, 95% confidence interval 1.01-1.12). The main reasons for consultations in the HSCT group were amenorrhea and infertility (76.74%).

**Conclusions:** Compared with naturally menopausal women with the same number of years since menopause, the MRS and KI scores of women with premature ovarian failure who underwent HSCT showed milder symptoms. The MRS may be a better alternative to reflect the severity of menopausal symptoms. Age was a risk factor for menopausal symptoms. Oncofertility counseling should be initiated as early as possible before the start of treatment.

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