



Defense Health Agency (DHA) Clinical Communities Speaker Series

2025 FEB CCSS: Improving Health and Building Readiness: The Future of Women's Health

2025 FEB CCSS S04: Hormone Therapy Unlocked: Overcoming Barriers to Better Care

Resource List

According to the Journal of Menopause Society article [Menopause Symptoms and Chronic Pain in a National Sample of Midlife Women Veterans](#) (2019), women are more likely than men to suffer chronic pain, with the highest rates seen in midlife. The symptoms that characterize menopause broadly affect health and well-being, but their contribution to chronic pain risk during this period is poorly understood. The study examines relationships between indicators of menopause symptoms and chronic pain among midlife women veterans, a population with prevalent chronic pain diagnoses and elevated risk for bothersome menopause symptoms. The study results suggest that midlife women who experience more menopausal symptoms may be susceptible to chronic pain during this vulnerable critical period.

The authors of [Perspectives from Advancing National Institutes of Health Research to Inform and Improve the Health of Women: A Conference Summary](#) (2022) state the health of women is inadequately researched. In answer to a Congressional request, the Office of Research on Women's Health at the National Institutes of Health (NIH) assessed ongoing research related to 1) rising rates of maternal morbidity and mortality, 2) rising rates of chronic debilitating conditions in women, and 3) stagnant cervical cancer survival rates. For every woman to access evidence-based disease prevention and treatment that reflects her specific needs, circumstances, and goals, significant investment in women's health research that includes considerations of sex is required. Despite progress in biomedical, women in the United States continue to experience high rates of illness and physical disability when compared to women in other high-income nations.

The Journal of Sports Medicine and Physical Fitness article [Strength Training and Body Composition in Middle-Age Women](#) (2018) identifies strength training as a sound method to improve body composition. However, the effect of age, diet, menopause, and physical activity on the relationship between strength training and body composition in women remains unknown. The study examines the intricacies of the relationship between strength training and body composition in middle-age women. The study results show that the more days, time, and effort women devote to strength training, the lower their body fat and the higher their fat-free mass tend to be.

The authors of [Addressing the Menopause Health Needs of Military Service Members: A Call to Action](#) (2024) urge health care providers and researchers to address the significant knowledge gaps concerning the menopause health needs of military service members. The lack of attention to menopause needs of military service members is evidenced by the absence of menopause-related research in the active-duty population and a dearth of menopause-specific research in the veteran population. By addressing these gaps, health care providers can better support the health and well-being of military service members in the menopause transition, ultimately improving operational readiness and retention.



Defense Health Agency (DHA) Clinical Communities Speaker Series References

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