Menopause Prompts Worse Fatigue and Muscle Aches in Women With HIV

This is according to a recent survey of more than 200 HIV-positive women.

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Postmenopausal women living with HIV have worse fatigue, muscle aches and insomnia compared with those who are still menstruating, Healio reports.

Publishing their findings in the journal Menopause, researchers conducted a survey of 222 HIV-positive women; 104 of the women had undergone menopause either naturally or as a result of a hysterectomy, and 118 of them still had their periods.

Compared with the menstruating women, the postmenopausal women were more likely to experience muscle aches and pains, fatigue and difficulty falling asleep. These findings held after the researchers controlled for age, how long the women had been living with HIV and HIV-associated non-AIDS health conditions.

To read the Healio article, click here.

To read the study abstract, click here.

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