

Understanding the impact of HIV infection and the effect menopause on the health, and particularly musculoskeletal health, of African women (The MENOPAUSE Study)

26th January 2023



Welcome and Introductions

Prof Rashida Ferrand

The Health Research Unit Zimbabwe
(THRU ZIM) &
London School of Hygiene and Tropical
Medicine



@rashida_abbferr

Prof Lisa Micklesfield

SAMRC/Wits Developmental Pathways
for Health Research Unit (DPHRU)



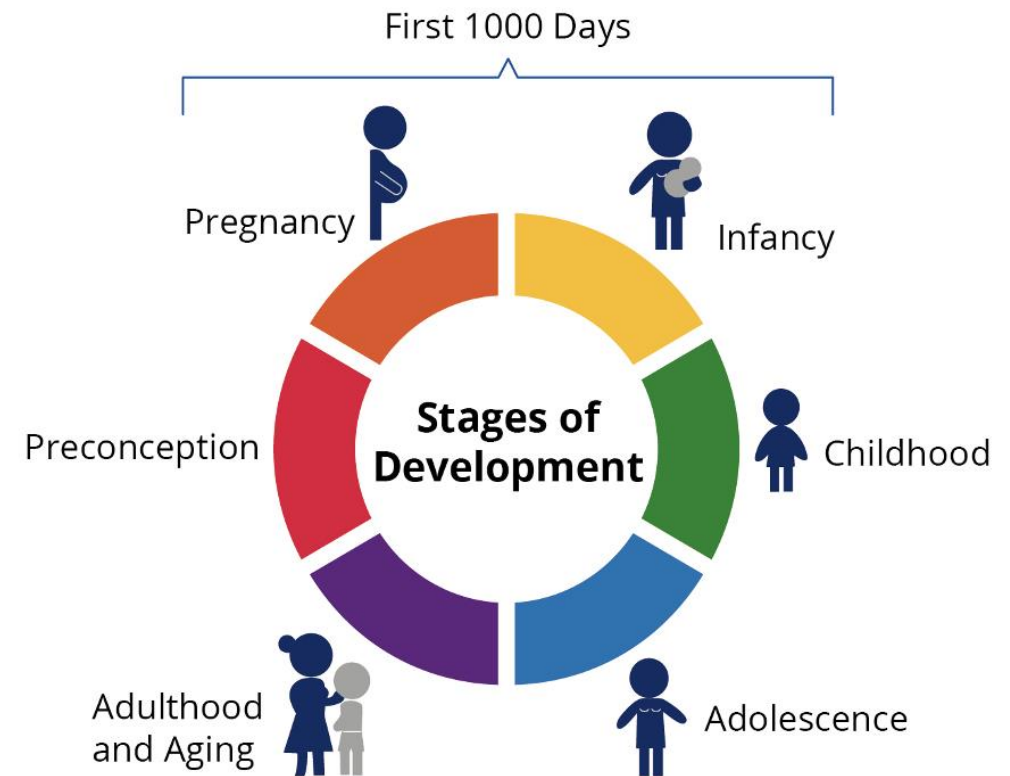
The Health Research Unit Zimbabwe (THRU ZIM)

- Embedded within the Biomedical Research & Training Institute (BRTI):
 - Local, not-for-profit research institution
- Interdisciplinary research on public health issues of relevance to the region
- Concerted focus on academic training: internship, MSc, PhD and postdoctoral training
- Public and community engagement underpins research

<https://thruzim.org/>

SAMRC/Wits Developmental Pathways for Health Research Unit (DPHRU)

- SAMRC Extramural Research unit within the University of the Witwatersrand
- Situated in the Chris Hani Baragwanath Hospital (3rd largest hospital in the world) in Soweto
- Life-course approach
- Research activities align with two national health priorities:
 - improving maternal and child health
 - tackling obesity and NCDs



Part 1: Menopausal Health

Menopausal health has received scarce attention in Southern Africa

Part 1 will focus on:

- Menopausal symptoms and effect on quality of life by HIV status
- Women's understanding of health issues in older age
- Addressing the information gap

Three talks followed by panel discussion:

Next steps: implications for policy and funding

Part 1: Menopausal Health

- 14.20 **Menopausal symptoms by HIV status in older Zimbabwean women and their association with health-related quality of life: a cross-sectional study**
Mr Tafadzwa Madanhire, The Health Research Unit of Zimbabwe
- 14.35 **Midlife women's understanding of health in older age: a qualitative study from Zimbabwe and South Africa**
Ms Nyasha Buwu, The Health Research Unit of Zimbabwe &
Ms Keabetswe Khutsoane, The University of the Witwatersrand
- 14.50 **Improving experiences of the menopause for women in Zimbabwe and South Africa: co-producing an information resource**
Dr Sarah Drew, The University of Bristol
- 15.05 **PANEL DISCUSSION 1 – Menopause**
Where are we now and what are the next steps: implications for policy and funding
Chair: Prof Rashida Ferrand, The Health Research Unit of Zimbabwe/ LSHTM
Expert panellists:
Dr Percy Moodley, The South Africa Menopause Society,
Dr Mandi Tembo, The Health Research Unit of Zimbabwe.
- 15.20 Break

Part 2: Musculoskeletal health in mid-life women

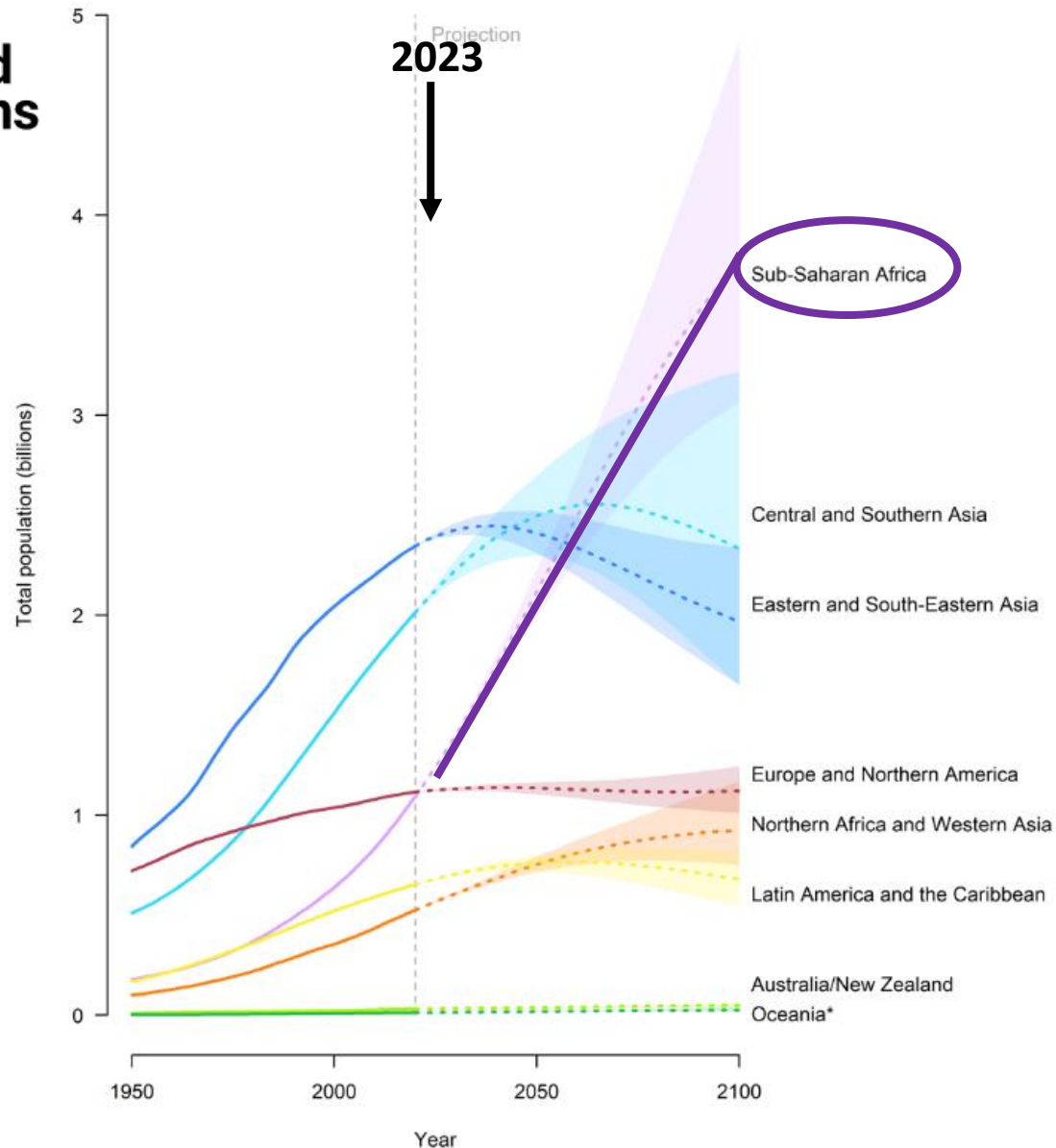
- 15.30 **Osteoporosis, Rather Than Sarcopenia, Is the Predominant Musculoskeletal Disease in a Rural South African Community where HIV Prevalence Is High: A Cross-Sectional Study**
Prof Celia L Gregson, The University of Bristol/ The Health Research Unit of Zimbabwe
- 15.45 **The impact of HIV on bone mineral density through menopause: a longitudinal study of urban-dwelling South African women**
Mr Tafadzwa Madanhire, The Health Research Unit of Zimbabwe
- 16.00 **Menopause is associated with bone loss, particularly at the distal radius, in black South African women: Findings from the Study of Women Entering and in Endocrine Transition (SWEET)**
Dr Micheal O'Breasail, The University of Bristol
- 16.15 **Osteoporosis and prevalent fracture are common and remain untreated in mid-life Zimbabwean women living with HIV: a cross-sectional study**
Mr Tafadzwa Madanhire, The Health Research Unit of Zimbabwe
- 16.30 **Global Burden of Osteoporosis: a comparison of cohorts from South Africa, The Gambia, UK, US and Zimbabwe**
Prof Kate Ward, The University of Southampton/ The MRC Unit The Gambia
- 16.45 **PANEL DISCUSSION 2 - Musculoskeletal**
Where are we now and what are the next steps: implications for policy and funding
Chair: Prof Lisa Micklesfield, The University of the Witwatersrand
Expert panellists:
Tereza Hough, The National Osteoporosis Foundation of South Africa,
Prof Bilkish Cassim, University of KwaZulu-Natal.
Close

Background to the research programme

Celia L Gregson

Professor of Clinical Epidemiology and Honorary Consultant Geriatrician
Musculoskeletal Research Unit, University of Bristol, UK

Population growth by region, 1950-2020, and projections to 2100



Of the 8 regions, only sub-Saharan Africa is projected to sustain rapid population growth through to the end of the century

United Nations, Department of Economic and Social Affairs, Population Division
World Population Prospects 2019

More women living with HIV are now reaching menopause and beyond

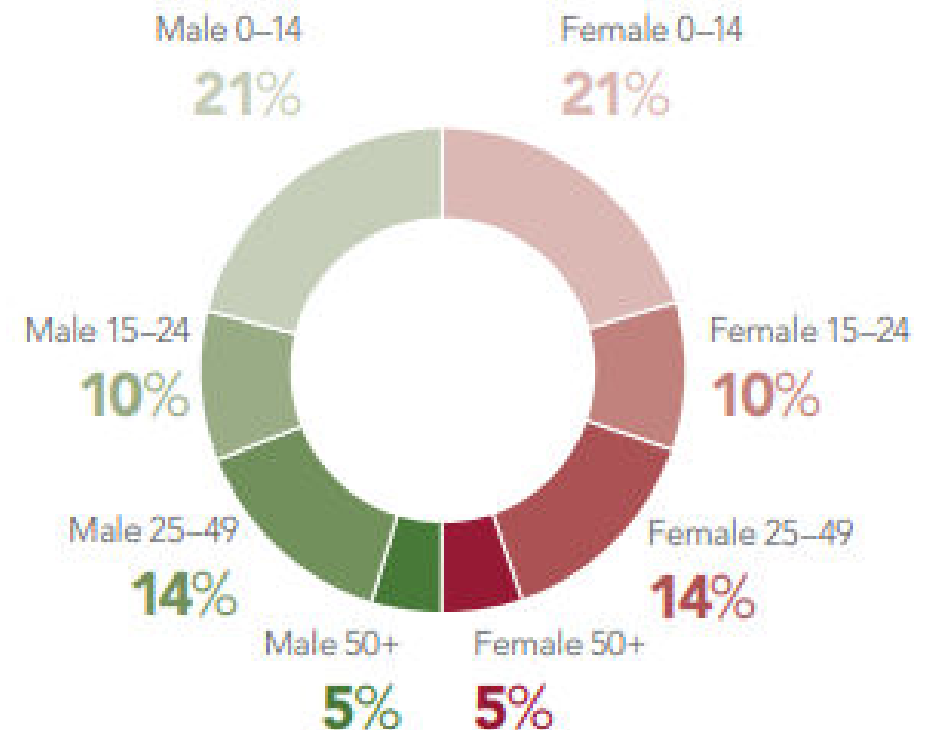
Mind the gap

HIV and AIDS and older people in Africa

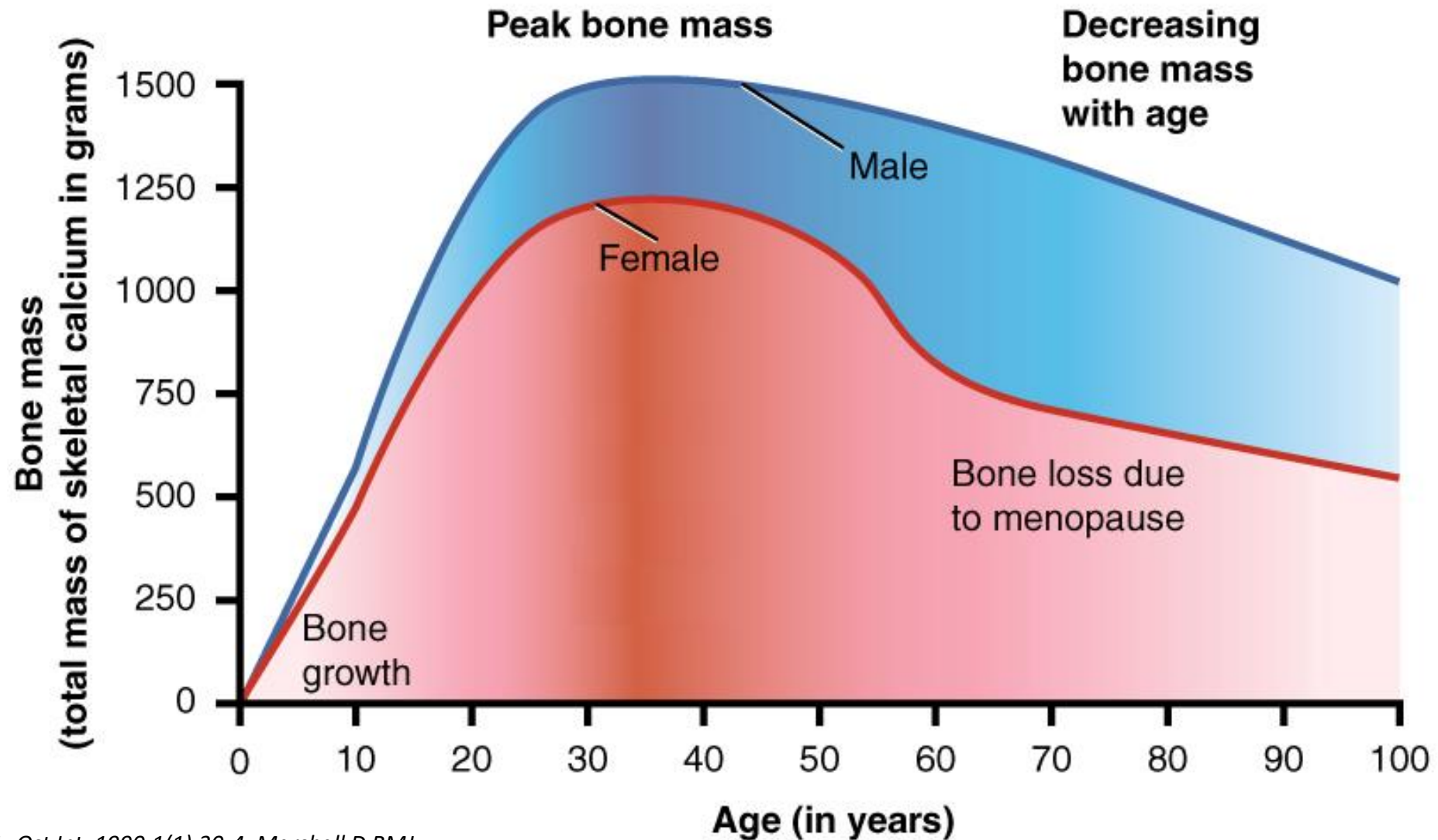


In 2020, 10% of people living with HIV in SSA were 50 years or older

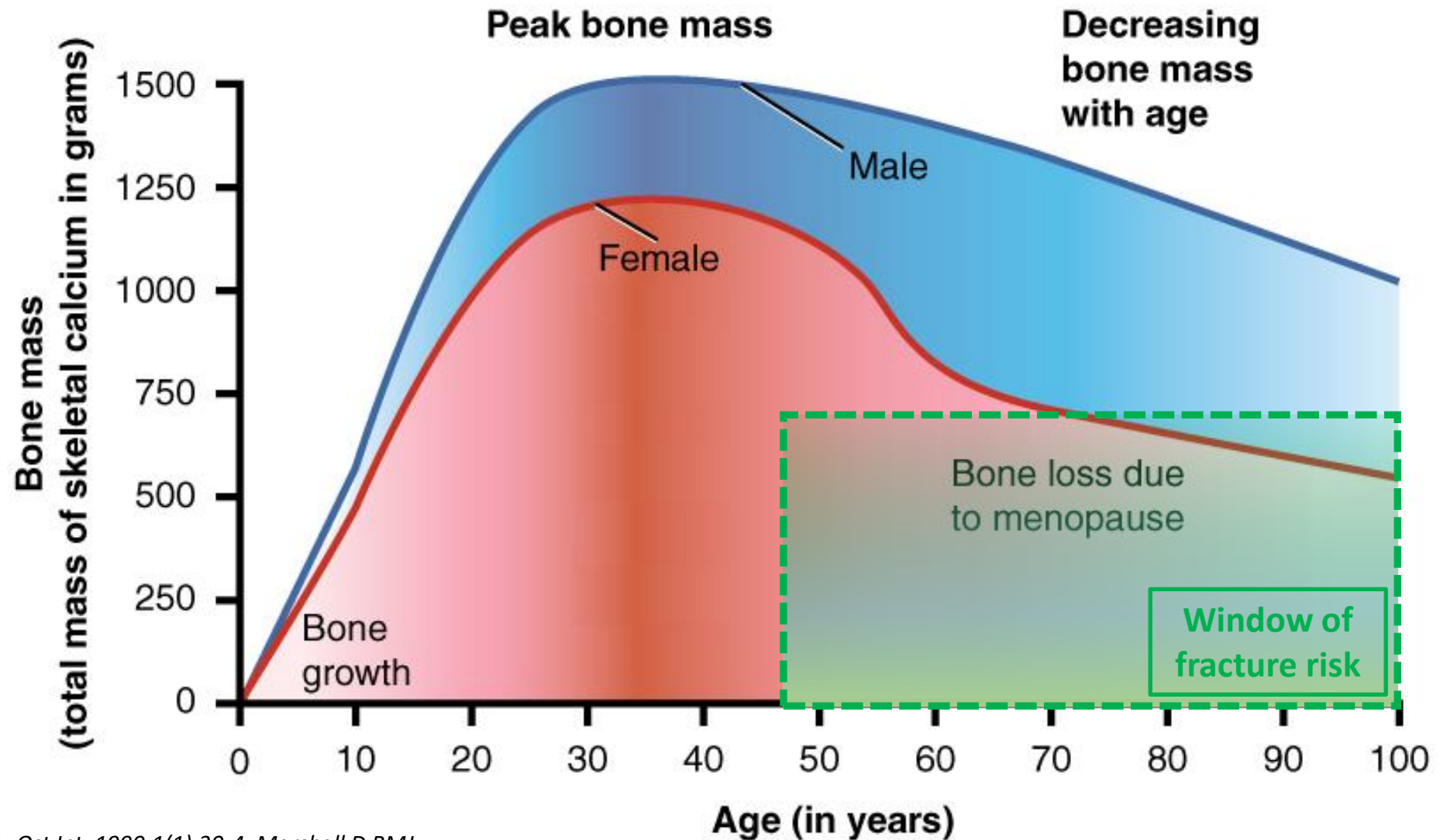
Population distribution, sub-Saharan Africa



As we age bone mass changes....

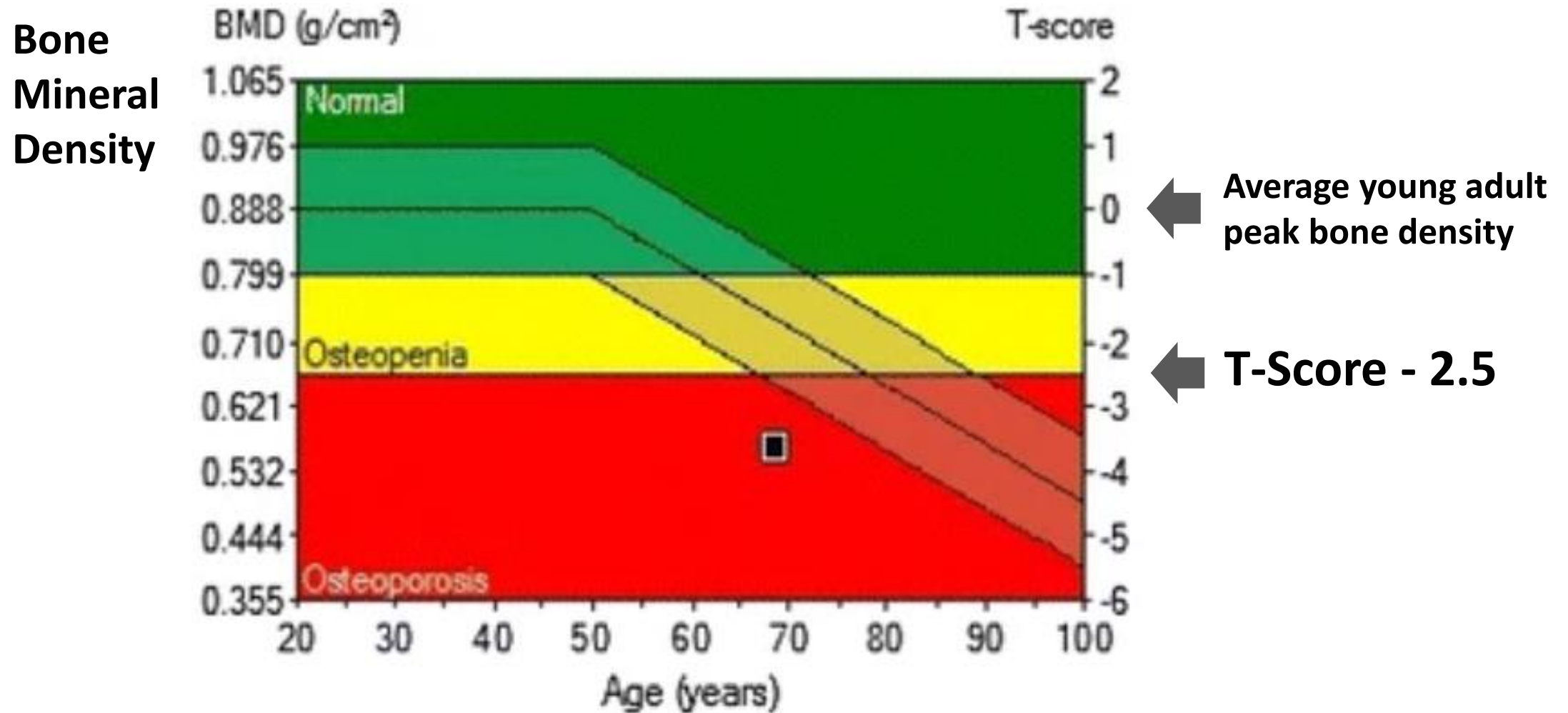


As we age bone mass changes....and fragility fracture risk increases



Back in 1999....

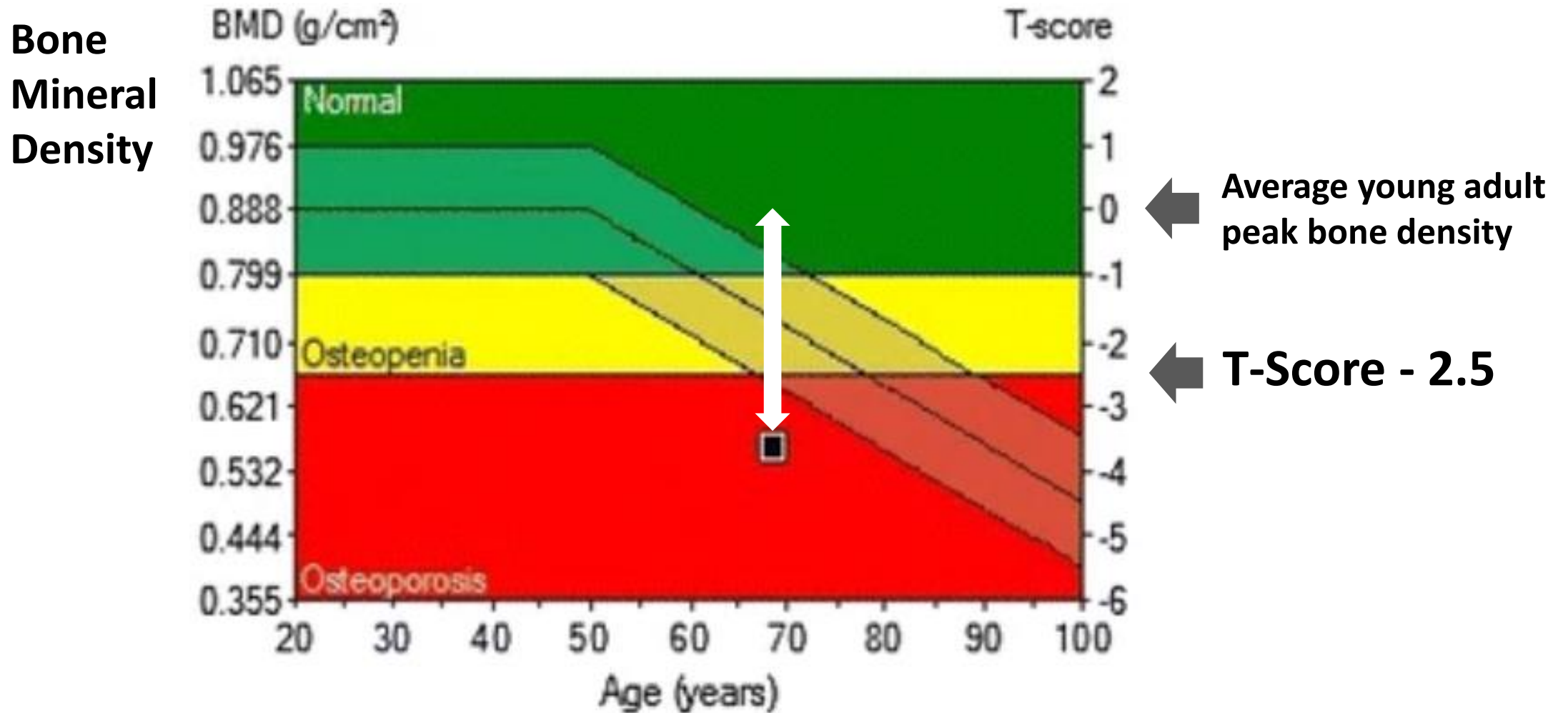
Osteoporosis WHO definition: DXA measured BMD T-score ≤ -2.5



T-score: No. of SDs below average for young peak bone density

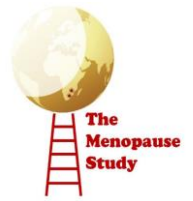
Back in 1999....

Osteoporosis WHO definition: DXA measured BMD T-score ≤ -2.5



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The Menopause & Health Study: Outline (2020-2023)



Aim: to understand the impact of HIV infection and the menopause on the health, and especially musculoskeletal health, of African women

WP 1: Qualitative Study Zimbabwe & South Africa

20 women 40-60 yrs in Harare
Semi-structured 1:1 interviews

Information resource
development through FGDs

WP 2: Longitudinal Study South Africa

450 women 40-60 yrs
Change in BMD (measured by
DXA) at baseline and 6 years,
according to HIV status and
progress through menopause

WP 3: Cross-sectional Study Zimbabwe

400 women 40-60 yrs
(200 with HIV)
Questionnaires (*e.g.* Menopause
symptoms), Anthropometry, grip
strength, SPPB, DXA & pQCT scans

Additional Cross-sectional Prevalence Study, Agincourt DSS, South Africa

805 men and women 20-80 yrs

Acknowledgements



Funder



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