

Menopause research: Observational studies

Long-term observational studies with many decades of follow-up have looked at menopausal and postmenopausal health. They are non-interventional and participants are observed and outcomes measured.

Major studies

The Women's Health Initiative Observational Study

- Started 1992
- Participants 93,676 postmenopausal women

The Million Women Study

- Started 1992
- Participants over 1.3 million women

The Nurses' Health Study

- Started 1976
- Participants more than 280,000 female and male nurses

The French E3N Prospective Cohort Study (E3N)

- Started 1990
- Participants nearly 100,000 women

The Study of Women's Health Across the Nation (SWAN)

- Started 1996
- Participants 3,302 women

Australian Longitudinal Study on Women's Health (ALSWH)

- Started 1996
- Participants 57,000 women

International Collaboration for a Life Course Approach to Reproductive Health and Chronic Disease Events (InterLACE)

- Started 2012
- Participants 830,000 women

Major clinical outcomes studied

Outcomes include:

- Cardiovascular disease
- Breast cancer
- Colorectal cancer
- Gynecological cancer
- Osteoporosis
- Diabetes
- Dementia
- Total mortality
- Menopause symptoms and problems

Continuation of observational studies depends
on long-term funding

Further information

Australian Longitudinal Study on Women's Health www.alswh.org.au

E3N <https://www.e3n.fr>

InterLACE: International Collaboration for a Life Course Approach to Reproductive Health and Chronic Disease Events <https://public-health.uq.edu.au/interlace>

The Million Women Study <http://www.millionwomenstudy.org/introduction>

The Nurses' Health Study <http://www.nurseshealthstudy.org>

SWAN <https://www.swanstudy.org>

The Women's Health Initiative <https://www.whi.org>