



# U.S. Coast Guard Briefing to DACOWITS RFI 6 December 2024

**Presented by:**

**COMDT (CG-1K21), Division of Operational Medicine**

**U.S. Coast Guard**



a. What Department of Defense and Service-specific research has been conducted or is ongoing that focuses on perimenopause (the menopausal transition), menopause, and hormonal imbalance issues servicewomen confront? If none, is any future research or study planned?



USCG has no ongoing or planned research focusing on perimenopause (the menopausal transition), menopause, and hormonal imbalance issues servicewomen confront.



b. What policies and medical protocols exist to assist servicewomen undergoing perimenopause, menopause, and/or hormonal imbalance issues?



USCG does not have any policies or medical protocols addressing perimenopause, menopause, or hormonal imbalance issues.



c. What research has been done to assess whether servicewomen may experience earlier or more severe onset of these conditions as a result of military service and/or exposure to uniquely military environments, such as hazardous conditions, lengthy deployments, combat stresses, hazardous materials, and extended high altitude or undersea exposure?



USCG has not conducted any research on this topic.



d. Do any health surveys of servicewomen have any questions related to perimenopause, menopause, and hormonal imbalance issues for women? If so, what are the questions and what are the results?



The Periodic Health Assessment that all USCG Service Members complete annually has two questions in *Section VIII. WOMEN'S HEALTH* that partially address these issues. They are:

#4 – “Are you postmenopausal and no longer experiencing menstrual cycles?”

#6 – “Do you have heavy and/or irregular menstrual cycles/pain or premenstrual syndrome (PMS)?”



d (cont'd). Do any health surveys of servicewomen have any questions related to perimenopause, menopause, and hormonal imbalance issues for women? If so, what are the questions and what are the results?

#4 – “Are you postmenopausal and no longer experiencing menstrual cycles?”

Percentage of all Servicewomen self-reporting "Yes" by year

2018	2019	2020	2021	2022	2023
1.5%	1.7%	1.8%	1.8%	1.8%	2.2%

Percentage of Servicewomen self-reporting "Yes" by age (2018-2023)

18-25	26-30	31-40	41-47	48-55	55+
0.8%	0.5%	0.8%	3.2%	26.3%	59.3%



d (cont'd). Do any health surveys of servicewomen have any questions related to perimenopause, menopause, and hormonal imbalance issues for women? If so, what are the questions and what are the results?

#4 – “Are you postmenopausal and no longer experiencing menstrual cycles?”

Percentage of Servicewomen self-reporting "Yes" by pay grade (2018-2023)

O1-O4/W1-W3	O5-O10/W4-W5	E1-E5	E6-E9
1.4%	9.5%	0.9%	3.0%

Percentage of Servicewomen self-reporting "Yes" by ethnicity (2018-2023)

Hispanic/Latina	Not Hispanic/Latina	Other	Unknown
1.4%	2.0%	2.8%	2.5%

Percentage of Servicewomen self-reporting "Yes" by race (2018-2023)

White	Black	Asian	AI/AN	NH/PI	Other	Unknown
1.9%	1.7%	1.7%	1.5%	2.8%	2.5%	2.5%

d (cont'd). Do any health surveys of servicewomen have any questions related to perimenopause, menopause, and hormonal imbalance issues for women? If so, what are the questions and what are the results?

#6 – “Do you have heavy and/or irregular menstrual cycles/pain or premenstrual syndrome (PMS)?



Percentage of all Servicewomen self-reporting by year

	2018	2019	2020	2021	2022	2023
Yes, but in treatment and having no problems	6.0%	6.1%	6.2%	6.6%	6.4%	6.9%
Yes, and I am having ongoing issues	14.7%	15.5%	14.6%	17.0%	18.2%	19.9%
Total	20.8%	21.6%	20.8%	23.6%	24.6%	26.7%

Percentage of Servicewomen self-reporting by age (2018-2023)

	18-25	26-30	31-40	41-47	48-55	55+
Yes, but in treatment and having no problems	6.3%	5.8%	6.7%	7.2%	6.7%	0.0%
Yes, and I am having ongoing issues	15.7%	15.5%	18.3%	20.2%	13.9%	5.9%
Total	22.0%	21.3%	25.0%	27.4%	20.5%	5.9%





d (cont'd). Do any health surveys of servicewomen have any questions related to perimenopause, menopause, and hormonal imbalance issues for women? If so, what are the questions and what are the results?

#6 – “Do you have heavy and/or irregular menstrual cycles/pain or premenstrual syndrome (PMS)?

Percentage of Servicewomen self-reporting by pay grade (2018-2023)

	O1-O4/W1-W3	O5-O10/W4-W5	E1-E5	E6-E9
Yes, but in treatment and having no problems	6.7%	6.6%	6.1%	6.6%
Yes, and I am having ongoing issues	14.9%	17.1%	16.6%	20.3%
Total	21.6%	23.7%	22.7%	27.0%

Percentage of Servicewomen self-reporting by ethnicity (2018-2023)

	Hispanic/Latina	Not Hispanic/Latina	Other	Unknown
Yes, but in treatment and having no problems	6.1%	6.5%	6.1%	5.6%
Yes, and I am having ongoing issues	19.0%	16.8%	17.0%	17.1%
Total	25.1%	23.4%	23.1%	22.8%

Percentage of Servicewomen self-reporting by race (2018-2023)

	White	Black	Asian	AI/AN	NH/PI	Other	Unknown
Yes, but in treatment and having no problems	6.5%	7.3%	5.5%	5.0%	5.6%	6.2%	4.8%
Yes, and I am having ongoing issues	16.6%	21.9%	14.3%	21.7%	18.7%	17.7%	18.7%
Total	23.1%	29.2%	19.8%	26.7%	24.3%	23.8%	23.5%

USCG Periodic Health Assessment, 2018-2023, VIII.WOMEN'S HEALTH, #6, Deployment Health Assessment System and DEERs

AI/AN – American Indian/Alaska Native  
NH/PI – Native Hawaiian/Pacific Islander



e. What is the incidence of onset of perimenopause, menopause, and hormonal imbalance issues in servicewomen by age, race, and ethnicity?



USCG does not have accurate information on the incidence of onset of perimenopause, menopause, and hormonal imbalance issues by age, race, and ethnicity in active duty servicewomen.

f. Provide data on the number and percent of servicewomen who have been treated for perimenopause, menopause, and hormonal imbalance issues in the last five years (2018-2023)?



Servicewomen Treated for Menopause or Perimenopause (2018-2023)

Year	Source	AD	Menopause	Perimenopause	% Menopause	% Perimenopause
2018	MIF	6012	0	0	0%	0%
2019	MIF	6116	2	0	0.03%	0.00%
2020	MIF	6231	1	0	0.02%	0.00%
2021	MIF/CG Clinic	6334	9	4	0.14%	0.06%
2022	MIF/CG Clinic	6223	43	13	0.69%	0.21%
2023	MIF/CG Clinic	6335	47	24	0.74%	0.38%
2018-2023	MIF/CG Clinic	31239	102	41	0.33%	0.13%

Source: MHS Genesis ICD-10 coding using Discern Reporting Tool. USCG had paper records from 2015-2021 and no data are available. Defer to DHA for active duty TRICARE data.



g. What menopausal-specific training is provided to health care providers? Both general/primary care and women's health specialty providers?



USCG clinics are staffed with primary care providers, who are trained to address women's health issues. Women requiring women's health specialty services are referred to MTFs or through TRICARE.

Primary care physicians receive training in women's health issues in medical school and residency training.





h. Are health care providers trained sufficiently to recognize and diagnose the onset of perimenopause, menopause, and hormonal imbalance issues in servicewomen? Particularly in cases of unusually early onset?



These topics are included in medical school and residency training programs. Providers maintain up-to-date knowledge on an individual basis to retain board certification and licensure.





i. What pharmacological treatment options (e.g., hormone therapy, vaginal estrogen, gabapentin, and low-dose antidepressants) are available in Military Treatment Facilities (MTFs) to support perimenopause and menopause?



All FDA approved medications as authorized under DoD formulary are available to support perimenopause and menopause.



j. What complementary and alternative medicine (CAM) options, for symptom management, are available in MTFs to support perimenopause and menopause?



USCG does not provide any complementary or alternative medicine options specific to perimenopause or menopause symptom management in USCG clinics.



k. How are servicewomen receiving information and counseling about perimenopause, menopause, and hormonal imbalance issues?



Servicewomen receive information and counseling on these issues on an individual basis from medical providers as indicated and appropriate.