

**Physical and psychosocial changes during the menopause transition among Latinas: A
narrative review**

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An estimated 6,000 women reach menopause each day. Despite the growth of an aging Latino population, Latinas remain underrepresented in the literature related to menopause. The purpose of this narrative review is to summarize the evidence on menopause-related physiological and psychosocial changes among Latinas. A thorough search of PubMed was performed. Our review showed that Latinas experience greater rates of social function problems, sleep disturbances (38.0%), and higher prevalence of metabolic syndrome (21.0%) than non-Hispanic White women during the menopause transition. However, Latinas report a shorter duration of vasomotor symptoms and greater social support during this period. Further studies with larger samples of midlife Latinas are necessary to examine the health of Latinas during the menopause transition. In addition, because Latinas are a heterogeneous group from different cultures and social contexts, researchers and clinicians should examine the role of sociocultural factors during the menopause transition. Understanding how the menopause transition affects the health of midlife Latinas may improve the health care of aging Latinas.

Keywords: Latinas, menopause, vasomotor symptoms, aging