

MONITORING THE NEW TRENDS IN WOMEN'S AGING AND ADDRESSING NEQUITIES IN HEALTHCARE SYSTEM: PROCEEDINGS FROM THE SALZBURG SEMINAR IN SAN DIEGO, USA, 2024

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Background: The increasing life expectancy of females presents both clinical and socio-ecological challenges, particularly concerning menopause and aging-related healthcare. With a growing number of older women, there is a critical need for enhanced health monitoring and support systems. Menopause, a significant phase of aging, highlights the importance of targeted medical interventions and continuous health monitoring to address the multifaceted needs of aging women effectively.

Methods and Objectives: A mixed-methods approach was used, including a review of seminar discussions from the January 2022 Salzburg Global seminar and a comprehensive literature review on menopause management and caregiver education. Data were collected through thematic analysis of seminar proceedings and expert interviews, complemented by surveys on caregiver training programs and healthcare policies. Our objective was assessing the implications of rising female life expectancy, with a particular focus on the importance of health monitoring during menopause and the effectiveness of current caregiver education. The secondary objective was to identify gaps in existing healthcare provisions and propose solutions for improving support systems for aging women.

Results: The research revealed significant gaps in health monitoring and caregiver education. Existing programs often fail to address the continuous healthcare needs of aging women, particularly those undergoing menopause. This inadequacy impacts the quality of care and support available to this demographic, affecting their overall health and well-being.

Conclusions: Effective healthcare system is crucial for aging women, especially during menopause, to ensure timely and appropriate care. There is a need for improved caregiver education and healthcare system policies that focus on the continuous health needs of aging women. Implementing targeted monitoring and support strategies will enhance the quality of care and address the unique challenges faced by this growing population.

Keywords: healthcare system, life expectancy, females, healthcare system policies, caregivers