

SINGING THROUGH MENOPAUSE

Results of the 2014 Survey

This International Online survey collected 130 anonymous responses including attendees at the 2014 NATS Conference in Boston. Over 70% were voice teachers and professional singers, singing classical, musical theatre, jazz and other repertoire.

SYMPTOMS

MOST COMMON VOCAL CHANGES

NOTICED BEFORE MENOPAUSE

In the five years before menstruation stopped

	Never	At least occasionally
Upper Range	36.84%	63.16%
Flexibility	37.72	62.16
Color	42.98	57.02
Power	43.24	56.76
Stiffness	49.55	50.45
Upper passaggio	49.55	50.45
Vibrato	50.89	49.11

MOST COMMON VOCAL CHANGES

NOTICED AFTER MENOPAUSE

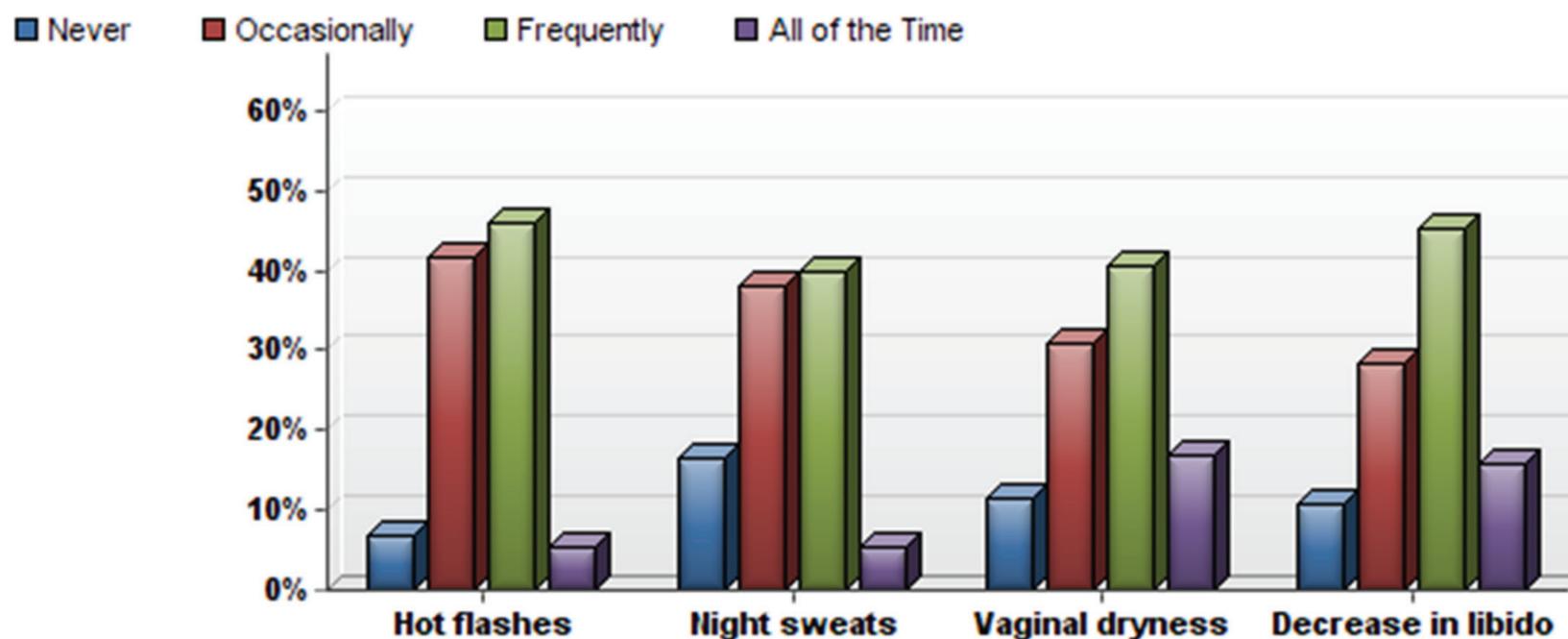
Over 70% of respondents noticed changes in these areas at least occasionally

	Never	At least occasionally
Power	20.56%	79.44%
Flexibility	21.1	78.9
Upper range	25	75
Vibrato	28.3	71.7
Stiffness	28.85	71.15
Color	29.91	70.09

Respondents noticed vocal changes starting anywhere from 1 month to 3 years after menstruation stopped.

Almost 50% of respondents noticed changes within a year of their last period.

NON-VOCAL MENOPAUSE SYMPTOMS



Respondents who experienced frequent vaginal dryness and decreased libido also experienced changes to their upper range and agility. The survey shows a statistically significant connection between decreased libido and changes in upper range, power/endurance, and vibrato.

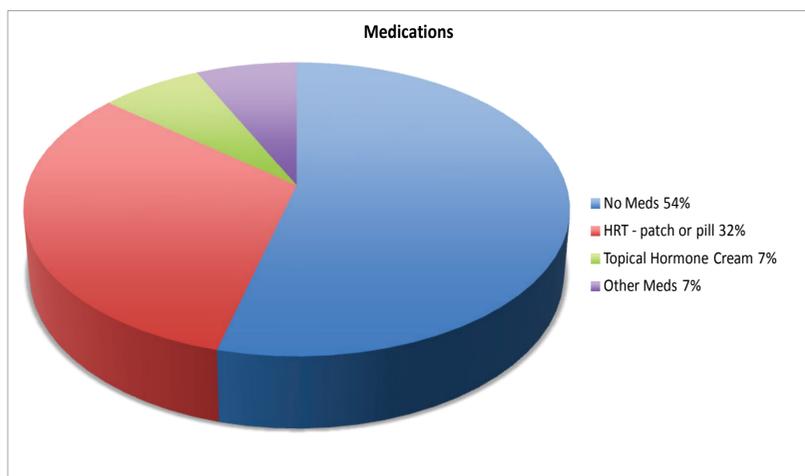


TREATMENT

PRACTICE & PERFORMING

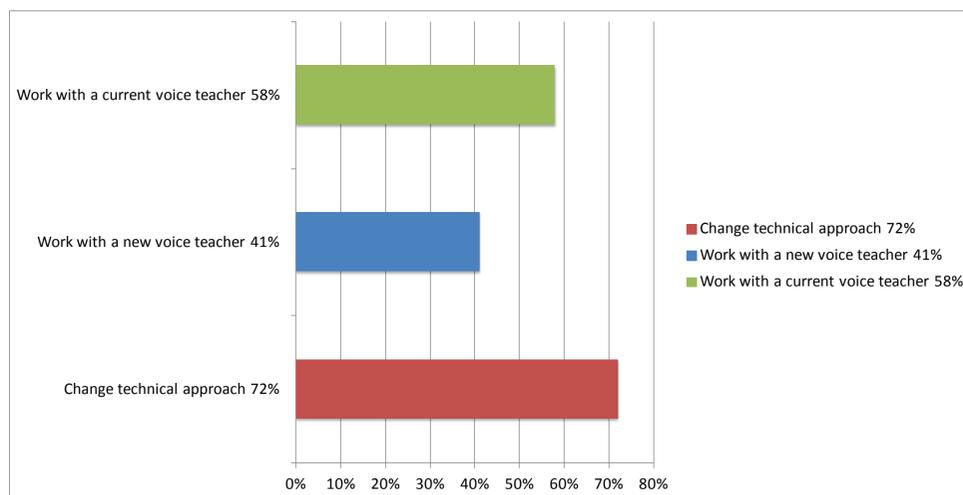


MEDICATIONS



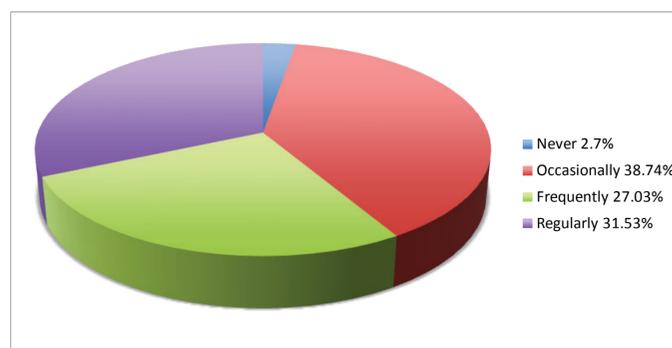
39% of respondents took some form of Hormone Replacement Therapy - a variety of specific medications for various lengths of time. The percentage of respondents who reported difficulty with upper range, flexibility and power was **remarkably similar** for both those taking and not taking HRT. More research needs to be done on the vocal benefits and risks of taking specific HRT medications for specific amounts of time.

VOCAL STUDY & TECHNIQUE

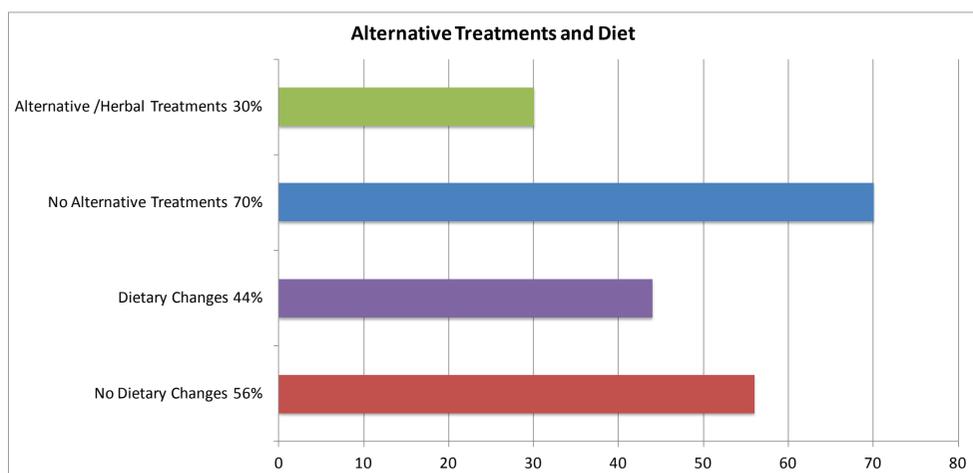


Almost 60% of respondents continued to work with a current voice teacher at least occasionally. Nearly 70% said they changed their technical approach at least somewhat.

DO YOU STILL PRACTICE?

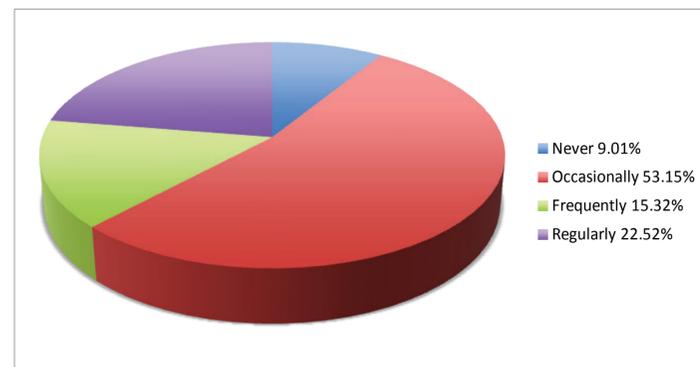


ALTERNATIVE TREATMENTS & DIET

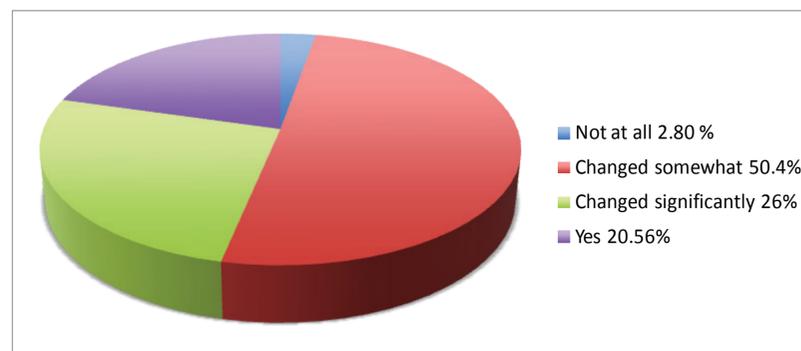


Alternative treatments included herbs, acupuncture, meditation, yoga, vitamins, and hormone creams from the health food store. Dietary changes included eating less meat, less sugar, less fat and drinking more water. Some respondents changed their diets to help with reflux. It is not clear from the survey data if these changes helped with specific vocal symptoms, or with health and well-being in general.

DO YOU STILL PERFORM?



DO YOU SING THE SAME REPERTOIRE?



Over 50% of the singers in the survey who still perform, even occasionally, have changed their repertoire, at least somewhat. **Changing repertoire seems to have a more significant impact on continuing to perform than taking medications or HRT.**

CROSS TAB FOR PERFORMING & HRT

	Still perform?		
Take Medications?	Regularly	Frequently	Occasionally
No	48%	53%	53.45%
Other meds	52	47	46.55
HRT	40	35	35

More respondents who continue to perform do so without the help of medications or hormones. The survey data does not seem to show a significant correspondence between taking HRT and performing.

CROSS TAB FOR PERFORMING & CHANGED REPERTOIRE

	Still perform?		
Sing same rep?	Regularly	Frequently	Occasionally
Yes	25%	37.50%	16.95%
Changed somewhat	54.17	43.75	52.54
Changed a lot	20.83	18.75	28.81